

# THE DIETARY INFLAMMATORY INDEX

AN ESSENTIAL TOOL FOR MONITORING YOUR DIET & YOUR HEALTH



The Dietary Inflammatory Index (DII) was created to measure how inflammatory foods are to your body and organs, thus providing guidelines to consumers and doctors.

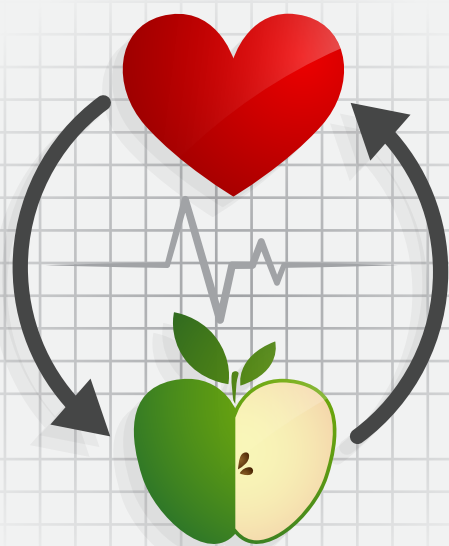
Scientific evidence links inflammatory diets to many conditions that cause disability and death in the United States, including:

- Diabetes
- Heart disease
- Many cancers (especially colorectal cancer)
- Inflammatory bowel disease
- Arthritis & joint pain



Combined, these conditions affect well **over 50%** of the population in the United States alone.

Treating these conditions costs our healthcare system an estimated **\$600 billion** per year.



Research has shown, however, that many of these conditions are largely preventable through adopting a less inflammatory diet (i.e., one with more anti-inflammatory foods and fewer pro-inflammatory foods).

The body responds positively to healthy choices such as a whole foods diet, physical activity and stress reduction practice. Combined, these have an anti-inflammatory effect on your body, lower your risk for chronic illness and improve your overall health.

The DII-based inflammatory reduction counseling system known as **IMAGINE** is designed to help people adjust their diet and adopt more anti-inflammatory foods.

If 25% of the population affected with inflammation-related disease enroll in **IMAGINE**, healthcare costs would be reduced by **\$75 billion a year.**



Raw DII scores are calculated using a proprietary mathematical formula and are then converted into a simple "A to F" scale called the Dietary Inflammation Food Grade.

The Dietary Inflammation Food Grade is represented by the icons below:

