

Anti-inflammatory diet linked to reduced risk of early death

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Adhering to an anti-inflammatory diet was associated with lower risks of dying from any cause, dying from cardiovascular causes, and dying from cancer in a recent *Journal of Internal Medicine* study.

In the study of 68,273 Swedish men and women aged 45 to 83 years who were followed for 16 years, participants who most closely followed an anti-inflammatory [diet](#) had an 18% lower risk of all-cause [mortality](#), a 20% lower risk of cardiovascular mortality, and a 13% lower risk of cancer mortality, when compared with those who followed the diet to a lesser degree. Smokers who followed the diet experienced even greater benefits when compared with smokers who did not follow the diet.

Anti-inflammatory foods consist of fruits and vegetables, tea, coffee, whole grain bread, breakfast cereal, low-fat cheese, olive oil and canola oil, nuts, chocolate, and moderate amounts of red wine and beer. Pro-inflammatory foods include unprocessed and processed red meat, organ meats, chips, and soft-drink beverages.

"Our dose-response analysis showed that even partial adherence to the anti-inflammatory diet may provide a health benefit," said lead author Dr. Joanna Kaluza, an associate professor at the Warsaw University of Life Sciences, in Poland.

More information: J. Kaluza et al, Influence of anti-inflammatory diet and smoking on mortality and survival in men and women: two prospective cohort studies, *Journal of Internal Medicine* (2018). [DOI:](#)

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