Anti-inflammatory diet linked to reduced risk of early death

13 September 2018

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: 10.1111/joim.12823

Provided by Wiley

APA citation: Anti-inflammatory diet linked to reduced risk of early death (2018, September 13) retrieved 27 April 2021 from https://medicalxpress.com/news/2018-09-anti-inflammatory-diet-linked-early-death.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.