



Part 1: The Inflammation Checklist

How many inflammation factors apply to you?

- I have chronic aches and pains, such as back pain, neck pain, headaches, or general muscle and/or joint soreness.
- I regularly take anti-inflammatory or anti-pain medications, such as ibuprofen, aspirin, or Tylenol®, or a similar prescription drug. These medications are taken to inhibit diet-induced inflammation.
- I regularly eat grains and grain products, such as white bread, whole wheat bread, pasta, cereal, pretzels, crackers, and any other product made with grains or flours from grains, which includes most desserts and packaged snacks.
- I regularly eat refined sugar (including desserts, sodas, sweetened drinks, etc.).
- I regularly eat partially hydrogenated oils (trans fats) found in most margarines, deep fried foods (French fries, etc.) and most all packaged foods.
- I regularly eat corn oil, safflower oil, sunflower oil, cottonseed oil, soybean oil, and foods made with these oils such as mayonnaise, tarter sauce, margarine, and nearly all salad dressings.
- I regularly eat cheese in more than condiment size portions.
- I regularly drink or eat dairy products in more than condiment size portions, or drink/eat in the place of fruits and vegetables.
- I regularly consume soy/soy products as primary foods, or eat them in place of fruits and vegetables.
- I regularly eat meat and eggs from grain-fed animals (regular supermarket brands).
- I am overweight and/or it is hard for me to lose weight/fat.
- I can grab too much fat around my waist.
- I am physically lethargic.
- I do not exercise regularly.
- I do not feel well when I exercise or if I exercise a little more than I should, it is hard to recover.
- I am mentally lethargic and feel rundown and depressed more than I would like.
- I look old and/or feel old for my age.
- My skin looks old and is sagging.
- I am prone to cold, allergy, and flu symptoms.
- I am a smoker.
- I suffer from one or more of the following: arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, allergies, acne, asthma, digestive conditions, flu symptoms, dysmenorrhea, endometriosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, the insulin resistance syndrome (pre-diabetes), or diabetes.



BMI (Body Mass Index) [Determine BMI at <http://www.nhlbisupport.com/bmi/>]

Underweight = <18.5; Normal weight = 18.5-24.9; Overweight = 25-29.9; Obesity = 30 or greater