

Your Dietary Inflammatory Index (DII®) Report

NAME

5/5/2025
COMPLETED ON

6/5/2025
REPORT DATE

The foods you eat have the potential to either increase or reduce inflammation in the body. Highly inflammatory diets have been shown to significantly increase the risk of many illnesses including cardiovascular disease, type 2 diabetes, certain cancers, arthritis, depression and Alzheimer's disease.

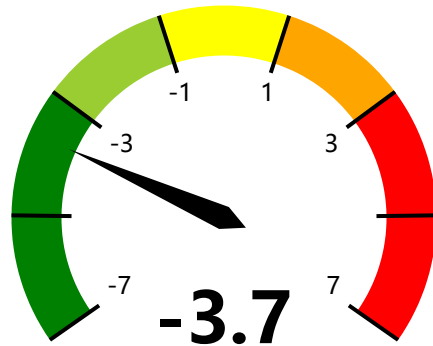
Your DII® score estimates the inflammatory potential of your diet; it's based on the information provided in your online food frequency questionnaire. By lowering your DII score, you can reduce inflammation and its harmful effects.

Besides the recommendations below, eating a variety of brightly colored fruits and vegetables and flavoring your meals with herbs and spices are other anti-inflammatory dietary strategies.

While your diet is anti-inflammatory, there still are ways you can improve your health by decreasing your score even more.

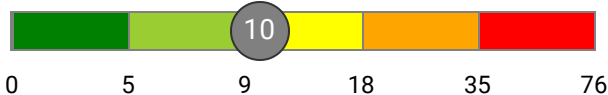
Food consumption recommendations

Below are 9 important types of foods known to influence inflammation. Your daily average intake of each is reported in the dark gray circle. You can lower your DII score by moving towards the green – decreasing inflammatory foods and eating more anti-inflammatory foods.

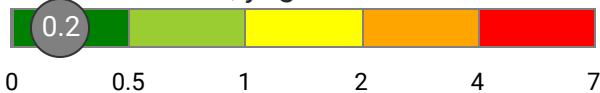


Pro-Inflammatory

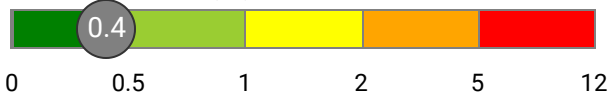
Added sugar (Tsp)



✓ Full-fat milk, yogurt & cheese (Cups)



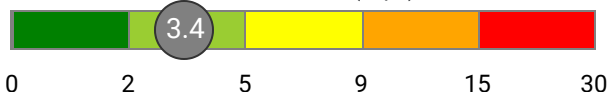
✓ Red meat (Oz)



Refined grains (Oz)

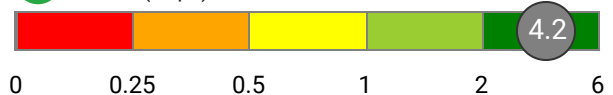


✓ Total saturated fats (Tsp)

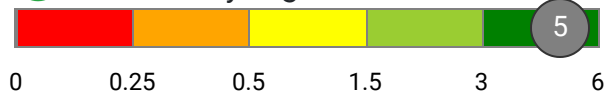


Anti-Inflammatory

✓ Fruit (Cups)



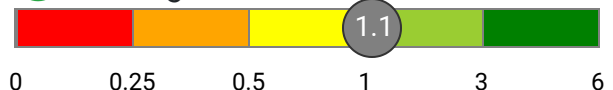
✓ Non-starchy vegetables (Cups)



✓ Fish / Seafood (Oz)



✓ Whole grains (Oz)



✓ Indicates you are already eating well. However, you may still be able to decrease your overall DII score by improving in these areas, too.