

Dietary Inflammatory Index Scores of the 3-week Habitual Diet at a State Hospital



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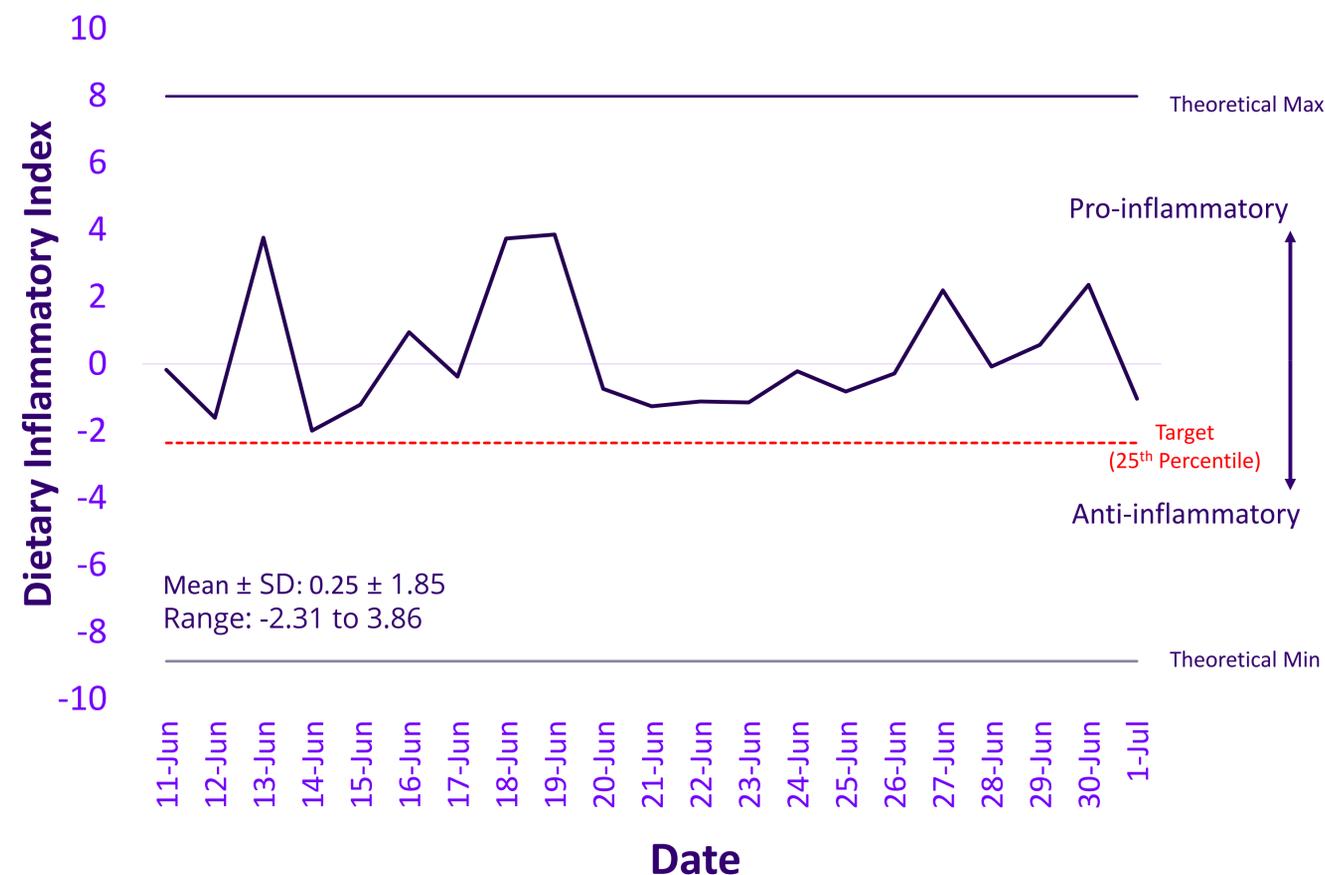
Dietary Inflammatory Index (DII)

- Algorithm assessing the inflammatory potential of an individual's diet using daily intake of 45 nutrients.¹
- Inversely associated with:
 - risk of depression and depressive symptoms²
 - cognitive impairment³
 - risk of cardiovascular disease⁴
 - risk of specific cancers⁴
- 1 of 2 dietary indices consistently associated with depression and depressive symptoms²

Databases used:

- **CompuTrition**
- **USDA Food Data Central**
- **Food and Nutrient Database for Dietary Studies**
- **USDA Database for the Isoflavone Content of Selected Foods, Release 2.0**
- **USDA Database for the Flavonoid Content of Selected Foods**

Dietary Inflammatory Index Scores by Day



Tips for Making Diets More Amenable to Analysis

1. Use whole ingredients.
2. Avoid processed foods with limited nutrition information in external databases.
3. Purchase mixed foods with percentages of ingredients by weight (i.e., salad mix w/ 85% lettuce, 15% carrots).

Recommendations

- 1) ↑ the use of low-cost spices, particularly turmeric and parsley (high in flavones).
- 2) ↑ flavanol intake by encouraging decaf tea, coffee, and cocoa.
- 3) Provide additional servings of citrus to increase flavonone intake.
- 4) ↑ use of aromatics such as garlic, onions, and ginger.
- 5) ↑ beta-carotene, Vitamin C and E, and flavone content on days 3, 8 and 9 of 21-day menu cycle.
- 6) Consider the effect of texture modifications, allergies, and patient preferences on DII scores.**

References

1. Shivappa et al. Designing and developing a literature-derived, population-based dietary inflammatory index. *Public Health Nutr.* 2014;
2. Jia et al. Association between dietary inflammatory index and cognitive impairment: A meta-analysis. *Front Aging Neurosci.* 2023;
3. Gianfredi et al. Association between dietary patterns and depression: an umbrella review of meta-analyses of observational studies and intervention trials. *Nutr Rev.* 2023
4. Liu et al. Dietary Inflammatory Index and Health Outcomes: An Umbrella Review of Systematic Review and Meta-Analyses of Observational Studies. *Front Nutr.* 2021