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 symptoms\(^2\)
  - cognitive impairment\(^3\)
  - risk of cardiovascular disease\(^4\)
  - risk of specific cancers\(^4\)
- 1 of 2 dietary indices consistently associated with depression and depressive symptoms\(^2\)

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**

- Mean ± SD: 0.25 ± 1.85
- Range: -2.31 to 3.86

**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**