

Sharon Palmer, MSFS, RDN

The Picture of a Plant-Based Anti-Inflammatory Diet

Bio:

Known as The Plant-Powered Dietitian, Sharon has established an award-winning career in the field of plant-based nutrition and sustainability. One of the most widely recognized registered dietitians in the world, Sharon is an accomplished writer, editor, blogger, author, speaker, professor, advisor, and media expert. In particular, she has gained recognition for her expertise in plant-based nutrition and sustainability. Sharon has authored over 1000 articles in a variety of publications, including Better Homes and Gardens, Oprah Magazine, and LA Times. Her book *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (The Experiment, July 2012) was a critical success, which was followed by her second book *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes* in July 2014. Her latest book, *California Vegan: Inspiration and Recipes from the People and Places of the Golden State*, was published on March 15, 2021. And she's currently working on her fourth book on plant-based eating due for publication in 2022. Sharon also has contributed to several book chapters on nutrition and sustainability. She serves as the nutrition editor for *Today's Dietitian*, associate faculty in the MS of Sustainable Food Systems Program at Prescott College, nutrition consultant for several organizations such as AICR and Oldways, and co-founder of Food and Planet. Sharon presents frequently at conferences, and is a weekly contributing nutrition expert in the media, including print, online, radio, podcasts, television, social media, videos, and film. Sharon enjoys organizing farm and sustainability tours across the world, including her collaboration on her Italian Alps Sustainability Food Tour. Sharon recently completed her Master of Science in Sustainable Food Systems from Green Mountain College in Vermont. And she still has time to blog every day for her popular online community (400 K members strong and growing) at SharonPalmer.com, The Plant-Powered Dietitian. Living in the sustainability mecca of Ojai, California with her husband and two dogs, Sharon enjoys tending to her own organic garden, visiting the local farmers market, volunteering in local environmental organizations, and cooking for friends and family.

Description of Presentation:

Chronic inflammation is a root of the chronic killer diseases of our time, including heart disease, metabolic syndrome, type 2 diabetes, cancer, and neurodegenerative diseases. Yet growing evidence indicates that diet and lifestyle can create either a pro-inflammatory environment or an anti-inflammatory one. In this presentation, Sharon paints a picture of a plant-based, anti-inflammatory diet pattern based on the latest science. She provides actionable strategies and plans for fighting inflammation with your plate.

Learning Objectives:

1. Identify root causes of chronic inflammation in diet and lifestyle.
2. List foods that are part of anti-inflammatory eating patterns.
3. Provide strategies for reducing chronic inflammation in diet.