The Dietary Inflammatory Index (DII) was created to measure how inflammatory foods are to your body and organs, thus providing guidelines to consumers and doctors.

- Scientific evidence links inflammatory diets to many conditions that cause disability and death in the United States, including:
  - Diabetes
  - Heart disease
  - Many cancers (especially colorectal cancer)
  - Inflammatory bowel disease
  - Arthritis & joint pain

Combined, these conditions affect well over 50% of the population in the United States alone.

Treating these conditions costs our healthcare system an estimated $600 billion per year.

Research has shown, however, that many of these conditions are largely preventable through adopting a less inflammatory diet (i.e., one with more anti-inflammatory foods and fewer pro-inflammatory foods).

The body responds positively to healthy choices such as a whole foods diet, physical activity and stress reduction practice. Combined, these have an anti-inflammatory effect on your body, lower your risk for chronic illness and improve your overall health.

The DII-based inflammatory reduction counseling system known as IMAGINE is designed to help people adjust their diet and adopt more anti-inflammatory foods.

If 25% of the population affected with inflammation-related disease enroll in IMAGINE, healthcare costs would be reduced by $75 billion a year.

Raw DII scores are calculated using a proprietary mathematical formula and are then converted into a simple “A to F” scale called the Dietary Inflammation Food Grade.

The Dietary Inflammation Food Grade is represented by the icons below: