

Healthy Living

Improving human health through foods with flavor and function



According to the Centers for Disease Control and Prevention, chronic diseases account for **86%** of our nation's health care costs, and are responsible for **7 out of 10** deaths each year. Chronic diseases include arthritis, asthma, cancer, cardiovascular disease, depression, diabetes and obesity.

Consider the human body as a complex chemistry lab. Everything you consume causes a chemical reaction inside your body —some with positive results, some with negative results. Generally speaking, most people know that fruits and vegetables produce good reactions, while soda, candy, fast food and substances like nicotine, produce bad reactions.

But, did you know that some foods reduce inflammation, some encourage the growth of good bacteria that boosts your immune system, some foods can inhibit the growth of cancer cells or slow memory loss?

What is PHHI?

The Plants for Human Health Institute is one of 9 academic partners at the N.C. Research Campus in Kannapolis. As part of N.C. State University, PHHI employs research faculty focused on the mission of leading the discovery and delivery of innovative plant-based solutions to advance human health.

Make every bite count!

The **Healthy Living Program**, is an Extension component of N.C. State University's Plants for Human Health Institute (PHHI). The program focuses on highlighting the benefits of crops researched by PHHI faculty and suggesting ways to incorporate them into daily living.

The program outreach is channeled through:

- Community classes
- Speaking engagements & Demonstrations
- Website information

A major part of the program is offering delicious, nutrition-dense recipes that are disease preventing and health supporting.

The information covered in the program includes: inflammation, gut microbiome, chronic disease prevention, pH balance, vitamins, minerals, nutrition, prebiotics and probiotics, food preservation and fermentation.

All the information presented is backed by the research findings at PHHI and is focused on ways to take back control of one's health by providing a toolbox of knowledge to apply in the kitchen.



"The Healthy Living Class is a great introduction to things we can easily do to promote healthy living, including lots of practical applications."

- Howard Kessler, Class participant

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Explore Healthy Living at plantsforhumanhealth.ncsu.edu