



FOODS THAT FIGHT INFLAMMATION

ANTI-INFLAMMATION FOODS

Vegetables

- Arugula
- Beets
- Broccoli
- Cabbage
- Cauliflower
- Collard greens
- Eggplant
- Garlic
- Green beans
- Lettuce
- Okra
- Pea snap
- Spinach
- Sweet potatoes
- Turnip
- Asparagus
- Bok choy
- Brussels sprout
- Carrot
- Celery
- Edamame
- Enokitake
- Ginger
- Kale
- Mushroom
- Onion
- Shiitake
- Swiss chard
- Tomato
- Zucchini

Whole Grains

- Barley
- Basmati rice
- Brown rice
- Buckwheat groats
- Buckwheat noodles
- Japanese soba
- Japanese udon
- Organic pasta
- Quinoa
- Rice noodles
- Steel-cut oats
- Wholemeal pasta
- Wild rice

Seasoning

- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Chili pepper
- Cinnamon
- Clove
- Cumin
- Curry powder
- Fennel
- Fenugreek
- Oregano
- Rosemary
- Thyme
- Turmeric

Fruits

- Apple
- Avocado
- Blackberry
- Cherry
- Cranberry
- Figs
- Grape
- Honeydew melon
- Kiwi
- Lime
- Nectarine
- Peach
- Pineapple
- Pomegranate
- Strawberry
- Apricot
- Banana
- Blueberry
- Cloudberry
- Elderberry
- Gooseberry
- Grapefruit
- Huckleberry
- Lemon
- Marionberry
- Orange
- Pear
- Plum
- Raspberry
- Watermelon

Dairy

- Almond milk
- Eggs
- Low-fat dairy
- Natural cheese
- Yogurt (low-fat)
- Soy milk

Legume

- Adzuki beans
- Anasazi beans
- Black beans
- Chickpea
- Lentils
- Peanuts
- Tempeh
- Tofu

Nuts

- Almond
- Cashew
- Chia seed
- Flaxseed
- Hemp seed
- Pecans
- Pistachio
- Walnut

Oils

- Avocado oil
- Flaxseed oil
- Grapeseed oil
- Olive oil
- Rapeseed oil

Beverages

- Chamomile tea
- Coffee
- Cocoa
- Ginger tea
- Green smoothies
- Green tea
- Matcha tea
- Oolong tea
- Water
- White tea

- Boost anti-inflammation: Turmeric + Black pepper
- Maximize lycopene: Tomatoes + Olive oil
- Enhance natural protection: Broccoli + Tomatoes
- Enhance antioxidants: Green tea + Lemon
- Unlock nutrients: Greens + Healthy fats

QUICK TIPS

INFLAMMATION FOODS

Refined carbs

- Biscuits
- Cakes
- Cookies
- Flour tortillas
- Pastries
- White bread
- White pasta

Processed meats

- Burgers
- Bacon
- Chorizo
- Ham
- Hot dogs
- Salami
- Sausages

High-Sugar foods

- Alcohol
- High-fructose corn syrup
- Juice drinks
- Milk chocolate
- Soda
- Sports drinks
- Sweets

Saturated dairy

- Cheese
- Cream
- Full-fat milk

Saturated fats

- Butter
- Coconut oil
- Lard
- Palm kernel oil
- Palm oil
- Unskinned poultry

Red meat

- Beef
- Lamb
- Pork
- Steaks

High-Omega 6 oils

- Corn oil
- Cottonseed oil
- Safflower oil
- Sunflower oil

Trans fats

- Margarine
- Shortening

Fried foods

- Crisps
- French fries

- Pick colorful fruits and vegetables.
- Replace sugary drinks with sparkling water.
- Ask your doctor about supplements.
- Swap processed snacks for whole foods.