

ANTI-INFLAMMATORY DIET REFERENCE

Focus on whole, nutrient-dense foods to reduce systemic inflammation.

Fruits & Vegetables

- Berries (Blueberries, Strawberries) Daily
- Leafy Greens (Kale, Spinach) Daily
- Cruciferous (Broccoli, Cauliflower) 3x Week
- Cherries & Citrus Daily

Healthy Fats & Omega-3s

- Fatty Fish (Salmon, Sardines) 2x Week
- Extra Virgin Olive Oil Daily
- Walnuts & Chia Seeds Daily
- Avocado Daily

Proteins & Legumes

- Lentils & Chickpeas Daily
- Organic Soy (Tofu, Tempeh) Weekly
- Grass-fed Meats Limited
- Eggs (Omega-3 enriched) Moderate

Herbs, Spices & Tea

- Turmeric (with Black Pepper) Daily
- Ginger & Garlic Daily
- Green Tea / Matcha 2 Cups
- Dark Chocolate (70%+) Small Amt

Foods to Minimize (Pro-Inflammatory)

- Refined Sugars & High Fructose Corn Syrup
- Trans Fats & Partially Hydrogenated Oils
- Processed Meats (Deli, Sausages)

- Refined Carbohydrates (White Bread/Pasta)
- Excessive Alcohol
- Seed Oils (Soybean, Corn, Cottonseed)

This chart is for informational purposes only and does not constitute medical advice.