

# ANTI-INFLAMMATORY DIET REFERENCE CHART

## Vegetables & Leafy Greens

### Best Choices

Kale, Spinach, Swiss Chard, Broccoli, Cauliflower, Brussels Sprouts, Carrots, Beets, Sweet Potatoes

### Avoid/Limit

*Canned vegetables with high sodium, Sweetened veggie juices*

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## Fruits & Berries

### Best Choices

Blueberries, Strawberries, Raspberries, Cherries, Oranges, Apples, Grapes (dark), Pomegranates

### Avoid/Limit

*Fruit in heavy syrup, Sugary fruit snacks, Excessive dried fruit*

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## Proteins & Seafood

### Best Choices

Salmon, Mackerel, Sardines, Trout, Lentils, Chickpeas, Organic Tempeh, Grass-fed Beef (limited)

### Avoid/Limit

*Processed meats (Deli, Bacon, Hot dogs), Deep-fried meats*

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## Healthy Fats & Nuts

### Best Choices

Extra Virgin Olive Oil, Avocado, Walnuts, Chia Seeds, Flaxseeds, Almonds, Hemp Hearts

### Avoid/Limit

*Margarine, Vegetable shortening, Soybean oil, Corn oil, Partially hydrogenated oils*

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## Whole Grains

### Best Choices

Quinoa, Brown Rice, Steel-cut Oats, Buckwheat, Barley, Farro

### Avoid/Limit

*White bread, Pastries, Sugary cereals, White flour pasta*

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## Herbs & Flavorings

**Best Choices**

Turmeric (with black pepper), Ginger, Garlic,  
Cinnamon, Rosemary, Green Tea, Dark Chocolate  
(70%+)

**Avoid/Limit**

*Refined white sugar, High-fructose corn syrup,  
Artificial sweeteners*

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**General Rule:** Focus on whole, single-ingredient foods. Aim for a "rainbow" of colors on every plate to maximize phytonutrient intake.