

# ANTI-INFLAMMATORY DIET GUIDE

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

## Vegetables Daily

- Leafy Greens (Kale, Spinach, Chard)
  - Cruciferous (Broccoli, Cauliflower)
  - Beets & Carrots
  - Sweet Potatoes / Yams
  - Mushrooms (Shiitake, Lion's Mane)
  - Onions & Garlic
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## Fruits 2-3 Servings

- Berries (Blueberries, Raspberries)
  - Cherries (Tart)
  - Citrus (Oranges, Lemons)
  - Apples (with skin)
  - Avocado
  - Pomegranates
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## Proteins Daily/Weekly

- Fatty Fish (Salmon, Sardines, Mackerel)
  - Plant Protein (Lentils, Chickpeas)
  - Grass-fed Beef (Limited)
  - Free-range Poultry
  - Organic Tempeh / Tofu
  - Omega-3 Enriched Eggs
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## Fats & Spices As Needed

- Extra Virgin Olive Oil
  - Walnuts & Almonds
  - Chia & Flax Seeds
  - Turmeric (with black pepper)
  - Ginger & Cinnamon
  - Green Tea
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## Foods to Minimize / Avoid Inflammatory Triggers

- Refined Sugars & Corn Syrup
- Trans Fats & Hydrogenated Oils
- Processed Meats (Deli, Sausage)
- Refined Carbohydrates (White Bread)
  
- Excessive Alcohol

- Soda & Sweetened Beverages
  - Seed Oils (Soybean, Corn, Cottonseed)
  - Highly Processed Snack Foods
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*Template Example Only & Consult with a healthcare professional before starting any new dietary regimen.*