

ANTI-INFLAMMATORY FOOD REFERENCE

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

Vegetables & Leafy Greens

- Spinach & Kale High Fiber
- Broccoli & Cauliflower Sulforaphane
- Brussels Sprouts Antioxidants
- Sweet Potatoes Beta-carotene
- Mushrooms Selenium

Fruits & Berries

- Blueberries & Raspberries Anthocyanins
- Strawberries Vitamin C
- Cherries Catechins
- Grapes Resveratrol
- Citrus Fruits Flavonoids

Healthy Fats & Omega-3s

- Salmon & Mackerel EPA/DHA
- Avocados Monounsaturated
- Extra Virgin Olive Oil Oleocanthal
- Walnuts ALA
- Chia & Flax Seeds Fiber/Omega-3

Herbs, Spices & Tea

- Turmeric Curcumin
- Ginger Gingerol
- Garlic Allicin
- Green Tea EGCG
- Dark Chocolate (70%+) Polyphenols

Limit or Avoid (Pro-Inflammatory)

- Refined Sugars
- High Fructose Corn Syrup
- Trans Fats / Margarine
- Processed Meats
- Refined Carbohydrates
- Excessive Alcohol

This chart is for educational reference only. Consult a healthcare provider for personalized medical advice.