

ANTI-INFLAMMATORY FOOD CHART

Low Carbohydrate & Nutrient Dense

PROTEINS (WILD & GRASS-FED)

- Salmon, Mackerel, Sardines *Omega-3 Rich*
 - Grass-Fed Beef
 - Pasture-Raised Eggs
 - Free-Range Poultry
 - Cod & Halibut
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HEALTHY FATS

- Extra Virgin Olive Oil
 - Avocado & Avocado Oil
 - Coconut Oil (MCTs)
 - Grass-Fed Butter / Ghee
 - Walnuts & Macadamias
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NON-STARCHY VEGETABLES

- Spinach & Kale
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Asparagus
 - Zucchini
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LOW-GLYCEMIC FRUITS

- Blueberries
 - Raspberries
 - Strawberries
 - Blackberries
 - Lemon / Lime
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HERBS & SPICES

- Turmeric (with Black Pepper)
 - Ginger Root
 - Garlic
 - Rosemary
 - Cinnamon
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LIMIT OR AVOID

- Refined Sugars & Syrups
 - Processed Seed Oils (Soy, Corn)
 - Refined Grains (White Bread/Pasta)
 - Trans Fats / Margarine
 - Excessive Alcohol
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Note: Prioritize whole, unprocessed foods. Stay hydrated with filtered water and green tea.