

# MEDITERRANEAN ANTI-INFLAMMATORY GUIDE

Focus on whole, plant-based foods and healthy fats.

## Vegetables & Greens

- Spinach, Kale, & Swiss Chard
- Broccoli & Cauliflower
- Artichokes & Asparagus
- Bell Peppers & Tomatoes
- Onions & Garlic

## Healthy Fats & Proteins

- Extra Virgin Olive Oil
- Salmon, Mackerel, & Sardines
- Walnuts, Almonds, & Pistachios
- Chia, Flax, & Pumpkin Seeds
- Lentils, Chickpeas, & Beans

## Fruits & Berries

- Blueberries & Raspberries
- Strawberries & Cherries
- Figs & Dates
- Oranges & Lemons
- Avocados

## Grains, Herbs & Spices

- Quinoa & Farro
- Steel-cut Oats
- Turmeric & Ginger
- Rosemary, Basil, & Oregano
- Green Tea & Dark Chocolate (80%+)