

ANTI-INFLAMMATORY DIET GUIDE

Arthritis Relief & Joint Health Reference

Fruits & Vegetables

- Berries (Blueberries, Strawberries)
 - Leafy Greens (Spinach, Kale)
 - Cruciferous (Broccoli, Cauliflower)
 - Cherries & Raspberries
 - Sweet Potatoes
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Proteins & Healthy Fats

- Fatty Fish (Salmon, Mackerel, Sardines)
 - Extra Virgin Olive Oil
 - Walnuts & Almonds
 - Chia & Flax Seeds
 - Avocado
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Whole Grains & Legumes

- Quinoa & Brown Rice
 - Steel-cut Oats
 - Lentils & Chickpeas
 - Black Beans
 - Buckwheat
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Herbs & Spices

- Turmeric (with Black Pepper)
 - Ginger (Fresh or Dried)
 - Garlic & Onions
 - Cinnamon
 - Green Tea
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Foods to Limit/Avoid

- Processed Sugars & High Fructose Corn Syrup
 - Refined Carbohydrates (White Bread/Pasta)
 - Trans Fats & Partially Hydrogenated Oils

 - Excessive Red Meat & Processed Meats
 - Omega-6 Rich Oils (Corn, Safflower)
 - Excessive Alcohol
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Note: This is a general dietary template. Consult with a healthcare professional or registered dietitian before making significant dietary changes.