

ANTI-INFLAMMATORY DIET GUIDE

Autoimmune Support & Wellness Chart

Vegetables (The Foundation)

- Leafy Greens (Kale, Spinach, Chard)
- Cruciferous (Broccoli, Cauliflower)
- Beets & Carrots
- Sweet Potatoes / Yams
- Mushrooms (Shiitake, Reishi)

Healthy Fats & Omega-3s

- Extra Virgin Olive Oil
- Avocados & Avocado Oil
- Walnuts & Chia Seeds
- Wild-Caught Salmon
- Flaxseeds (Ground)

Proteins (Anti-Inflammatory)

- Sardines & Mackerel
- Grass-Fed Beef (Moderate)
- Pastured Poultry
- Lentils & Chickpeas
- Tempeh (Fermented Soy)

Fruits & Antioxidants

- Berries (Blueberries, Raspberries)
- Cherries (Tart)
- Citrus (Lemon, Lime)
- Pineapple (Bromelain source)
- Green Tea (Matcha)

Herbs & Spices

- Turmeric (with Black Pepper)
- Ginger (Fresh or Powder)
- Garlic & Onions
- Rosemary & Oregano
- Cinnamon

Gut Health (Probiotics)

- Sauerkraut (Raw)
- Kimchi
- Kefir (Coconut or Grass-fed)

- Apple Cider Vinegar
- Kombucha (Low Sugar)

Foods to Limit or Avoid

- Refined Sugars & Syrups
- Processed Vegetable Oils (Soy, Corn)
- Refined Carbohydrates (White Flour)

- Processed Meats (Nitrates)
- Artificial Sweeteners
- Excessive Alcohol

*Consult with a healthcare provider before making significant dietary changes.