

ANTI-INFLAMMATORY DIET GUIDE

Beginner Friendly Reference Chart

Fruits & Vegetables

- Berries (Blueberries, Strawberries)
 - Leafy Greens (Spinach, Kale, Chard)
 - Cruciferous (Broccoli, Cauliflower)
 - Cherries & Grapes
 - Avocados
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Proteins & Fish

- Fatty Fish (Salmon, Mackerel, Sardines)
 - Beans & Lentils
 - Organic Tofu / Tempeh
 - Skinless Poultry
 - Omega-3 Enriched Eggs
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Healthy Fats & Nuts

- Extra Virgin Olive Oil
 - Walnuts & Almonds
 - Chia & Flax Seeds
 - Pumpkin Seeds
 - Pecans
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Grains & Spices

- Turmeric & Ginger
 - Quinoa & Brown Rice
 - Steel Cut Oats
 - Garlic & Onions
 - Green Tea
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Limit or Avoid

- Refined Sugars & Sodas
 - White Bread & Pasta
 - Processed Meats (Deli, Sausage)

 - Trans Fats (Fried Foods)
 - Excessive Alcohol
 - Refined Soybean/Corn Oils
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Note: Consult with a healthcare professional before starting a new dietary regimen.