

ANTI-INFLAMMATORY DIET GUIDE

Gut Health & Micro-Biome Support

VEGETABLES & LEAFY GREENS

- Spinach & Kale
- Broccoli & Cauliflower
- Brussels Sprouts
- Swiss Chard
- Sweet Potatoes

HEALTHY FATS & OMEGA-3

- Extra Virgin Olive Oil
- Avocados
- Walnuts & Almonds
- Chia & Flax Seeds
- Wild-caught Salmon

FERMENTED (PROBIOTICS)

- Greek Yogurt (Unsweetened)
- Kefir
- Sauerkraut
- Kimchi
- Tempeh

FRUITS & BERRIES

- Blueberries & Raspberries
- Strawberries
- Cherries
- Oranges
- Apples (with skin)

HERBS & SPICES

- Turmeric (with black pepper)

- Ginger
- Garlic
- Cinnamon
- Rosemary

WHOLE GRAINS

- Quinoa
- Oats (Steel-cut)
- Brown Rice
- Buckwheat
- Barley

LIMIT OR AVOID

- Refined Sugars & Syrups
- Processed Meats
- Trans Fats / Margarine

- Refined White Flour
- Excessive Alcohol
- Artificial Sweeteners

Consult with a healthcare provider before making significant dietary changes.