

Anti-Inflammatory Diet Chart

FRUITS & BERRIES

- Blueberries & Raspberries
- Strawberries & Blackberries
- Cherries (Tart)
- Oranges & Grapefruit
- Apples

VEGETABLES

- Spinach & Kale
- Broccoli & Cauliflower
- Brussels Sprouts
- Sweet Potatoes
- Bell Peppers

PROTEINS & OMEGA-3S

- Salmon & Mackerel
- Sardines & Anchovies
- Walnuts
- Chia & Flax Seeds
- Organic Tofu/Tempeh

HEALTHY FATS

- Extra Virgin Olive Oil
- Avocado
- Almonds
- Pumpkin Seeds
- Pecans

HERBS & SPICES

- Turmeric (with black pepper)
- Ginger

- Garlic
 - Cinnamon
 - Rosemary
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| **FOODS TO AVOID**

- Refined Sugars & Sodas
 - Processed Meats
 - Trans Fats / Margarine
 - Refined Carbohydrates
 - Excessive Alcohol
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Focus on whole, unprocessed foods. Stay hydrated with water and green tea.