

ANTI-INFLAMMATORY DIET GUIDE

Nutritional Reference for Healthy Aging

Vegetables Daily: 4+ Servings

- Leafy Greens (Spinach, Kale, Chard)
 - Cruciferous (Broccoli, Cauliflower)
 - Beets & Carrots
 - Bell Peppers & Tomatoes
 - Sweet Potatoes / Yams
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Fruits Daily: 3 Servings

- Berries (Blueberries, Strawberries)
 - Cherries & Grapes
 - Citrus (Oranges, Grapefruit)
 - Apples & Pears
 - Avocado (Healthy Fats)
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Proteins Daily: 2-3 Servings

- Fatty Fish (Salmon, Sardines, Mackerel)
 - Beans, Lentils & Chickpeas
 - Organic Tofu / Tempeh
 - Free-range Eggs
 - Lean Poultry (Limited)
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Healthy Fats & Nuts Daily: Small Handful

- Extra Virgin Olive Oil
 - Walnuts & Almonds
 - Chia & Flax Seeds
 - Pecans & Pistachios
 - Pumpkin Seeds
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Grains Daily: 1-2 Servings

- Steel-cut Oats
 - Quinoa & Buckwheat
 - Brown or Wild Rice
 - Barley & Farro
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Herbs & Spices Use Generously

- Turmeric (with Black Pepper)
- Ginger & Garlic

- Cinnamon
 - Rosemary & Basil
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LIMIT OR AVOID (PRO-INFLAMMATORY)

⊘ Processed Sugars & Soda ⊘ Refined Flour (White Bread) ⊘ Excessive Red Meat ⊘ Trans Fats / Fried Foods

Consult with a healthcare provider before making significant dietary changes. Keep hydrated with water and green tea.