

ANTI-INFLAMMATORY DIET CHART

Optimized for Weight Management & Cellular Health

Vegetables (Unlimited)

- Leafy Greens (Kale, Spinach, Chard)
- Cruciferous (Broccoli, Cauliflower)
- Bell Peppers & Tomatoes
- Mushrooms & Beets
- Asparagus & Onions

Healthy Fats & Proteins

- Wild-caught Salmon & Sardines
- Avocados & Extra Virgin Olive Oil
- Walnuts, Almonds & Chia Seeds
- Pasture-raised Eggs
- Lentils & Chickpeas

Fruits (Low Glycemic)

- Blueberries, Raspberries, Strawberries
- Tart Cherries
- Green Apples
- Citrus (Lemon, Lime, Grapefruit)
- Pineapple (contains Bromelain)

Herbs & Liquids

- Turmeric (with black pepper)
- Ginger & Garlic
- Green Tea & Matcha
- Apple Cider Vinegar
- Pure Water with Lemon

Inflammatory Foods to Avoid

- Refined Sugars & High Fructose Corn Syrup
- Refined Carbohydrates (White Bread/Pasta)
- Processed Meats (Deli meats, Sausages)

- Trans Fats & Partially Hydrogenated Oils

- Excessive Alcohol
- Seed Oils (Soybean, Corn, Cottonseed)

Template for informational purposes only. Consult a healthcare professional before starting a new dietary regimen.