

ANTI-INFLAMMATORY DIET REFERENCE

Focus on whole, nutrient-dense foods to reduce systemic inflammation.

Vegetables (Unlimited)

- Leafy Greens (Kale, Spinach, Chard)
 - Cruciferous (Broccoli, Cauliflower)
 - Beets & Carrots
 - Sweet Potatoes / Yams
 - Bell Peppers & Onions
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Fruits (2-3 Servings)

- Berries (Blueberries, Raspberries)
 - Cherries & Grapes
 - Citrus (Oranges, Lemons)
 - Apples & Pears
 - Pineapple (Contains Bromelain)
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Proteins (Clean Source)

- Fatty Fish (Salmon, Mackerel, Sardines)
 - Plant-based (Lentils, Chickpeas)
 - Grass-fed Beef (Limited)
 - Organic Poultry
 - Eggs (Omega-3 enriched)
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Healthy Fats (Daily)

- Extra Virgin Olive Oil
 - Avocados
 - Walnuts & Almonds
 - Chia & Flax Seeds
 - Hemp Hearts
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Grains & Fiber

- Quinoa & Buckwheat
 - Steel-cut Oats
 - Brown or Wild Rice
 - Sprouted Grain Bread
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Herbs & Spices

- Turmeric (with Black Pepper)

- Ginger (Fresh or Powdered)
 - Garlic
 - Cinnamon
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FOODS TO MINIMIZE OR AVOID:

â€¢ Refined Sugars / Corn Syrup

â€¢ Trans Fats / Margarine

â€¢ Processed Meats

â€¢ Refined White Flour

â€¢ Excessive Alcohol

â€¢ Soybean / Corn Oils

This chart is for educational purposes. Consult with a healthcare professional before making significant dietary changes.