

ANTI-INFLAMMATORY DIET GUIDE

Vegetables & Fruits

- Leafy Greens (Spinach, Kale)
- Berries (Blueberries, Strawberries)
- Cruciferous (Broccoli, Cauliflower)
- Cherries & Grapes
- Sweet Potatoes

Healthy Fats & Proteins

- Fatty Fish (Salmon, Mackerel)
- Extra Virgin Olive Oil
- Avocados
- Walnuts & Almonds
- Chia & Flax Seeds

Whole Grains & Legumes

- Steel-Cut Oats
- Quinoa & Brown Rice
- Lentils & Chickpeas
- Black Beans
- Buckwheat

Herbs & Spices

- Turmeric (with Black Pepper)
- Ginger
- Garlic
- Cinnamon
- Green Tea

Limit or Avoid

- Refined Sugars & Sodas
- Processed Meats
- Trans Fats & Fried Foods

- Refined Carbohydrates (White Bread)
- Excessive Alcohol
- Highly Processed Snack Foods