

VEGAN ANTI-INFLAMMATORY GUIDE

LEAFY GREENS

- Spinach
 - Kale
 - Swiss Chard
 - Collard Greens
 - Arugula
 - Bok Choy
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BERRIES & FRUITS

- Blueberries
 - Strawberries
 - Raspberries
 - Cherries
 - Oranges
 - Red Grapes
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HEALTHY FATS

- Walnuts
 - Chia Seeds
 - Flaxseeds
 - Avocado
 - Extra Virgin Olive Oil
 - Hemp Hearts
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CRUCIFEROUS VEGETABLES

- Broccoli
 - Cauliflower
 - Brussels Sprouts
 - Cabbage
 - Radishes
 - Kohlrabi
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PROTEINS & LEGUMES

- Lentils
 - Chickpeas
 - Black Beans
 - Edamame
 - Tempeh
 - Tofu (Organic)
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HERBS & SPICES

- Turmeric
 - Ginger
 - Garlic
 - Cinnamon
 - Rosemary
 - Green Tea
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FOODS TO MINIMIZE

- Refined Sugars
 - White Bread
 - Processed Snacks
 - Trans Fats
 - Sweetened Soda
 - Excess Alcohol
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Note: Focus on whole, plant-based foods. Stay hydrated and prioritize variety.