

15 ANTI-INFLAMMATORY FOODS

TO INCLUDE IN YOUR DIET

FRUITS

APPLES, BANANAS, BERRIES, MELON, ORANGES, MANGOES, PEARS, PEACHES



GREEN LEAFY VEGETABLES

SPINACH, KALE, CHARD, ARUGULA, LETTUCE, MICROGREENS, MUSTARD GREENS, COLLARD GREENS, CABBAGE, SWISS CHARD



NON-LEAFY VEGETABLES

CAULIFLOWER, BROCCOLI, BRUSSELS SPROUTS



WHOLE GRAINS

WHOLE WHEAT, WHOLE OATS, BUCKWHEAT, QUINOA, MILLET, BROWN RICE



HEALTHY FATS

OLIVE OIL, COCONUT OIL, AVOCADO OIL, FATTY FISH



LEGUMES

GREEN PEAS, LENTIL, PEANUTS, CHICKPEAS, SOYBEAN, MUNG BEANS, LIMA BEANS, SWEET PEA



NUTS

ALMONDS, PISTACHIOS, WALNUTS, HAZELNUTS, MACADAMIA NUTS



SEEDS

CHIA SEEDS, FLAX SEEDS, PUMPKIN SEEDS, SUNFLOWER SEEDS



POULTRY

CHICKEN, TURKEY, DUCK, GEESE, PHEASANT



SEAFOOD

FRESHWATER FISH, SALTWATER FISH, SHELLFISH, OCTOPUS, SHRIMPS, CRABS



EGGS

OMEGA-3 ENRICHED EGGS, PASTURED EGGS, ORGANIC EGGS



DAIRY

MILK, BUTTER, CHEESE, YOGURT, CREAM



HERBS AND SPICES

CURCUMIN, SAGE, MINT, TARRAGON, BASIL, PARSLEY, GINGER, ROSEMARY, CHILI PEPPER, OREGANO, THYME



DARK CHOCOLATE

SHOULD BE AT LEAST 70% COCOA



BONE BROTH

MADE FROM ANIMAL BONES LIKE CHICKEN, BEEF, PORK, AND EVEN FISH BONES



Simple Anti Inflammatory Diet Online For Experts 12951

Patrick Vollmar



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