

# TOP ANTI-INFLAMMATORY FOODS AND DRINKS



**Berries**



**Fatty fish**



**Cruciferous  
vegetables**



**Avocados**



**Green tea**



**Onions & garlic**



**Mushrooms**



**Citrus fruits**



**Turmeric**



**Extra virgin  
olive oil**



**Cocoa**



**Tomatoes**



**Unsweetened  
pomegranate juice**



**Nuts & seeds**



**Green leafy  
veggies**



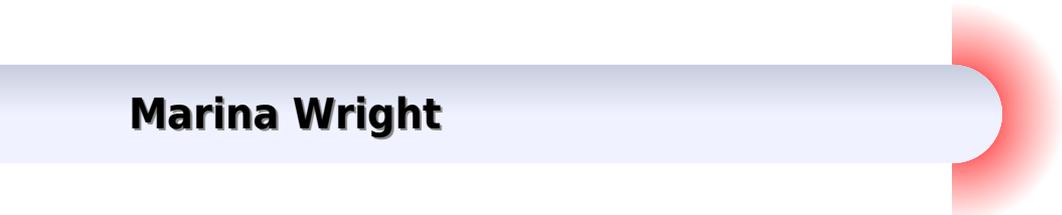
**Cherries**



**Herbs**

# How To Use Anti Inflammatory Diet Explained

**Marina Wright**



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