

List of *Anti-Inflammatory* Foods

leafy greens

mushrooms

seaweed

colorful fruits and berries, especially polyphenol-rich blueberries, blackberries, and cherries

grass fed meats

bone broth

organ meats

fermented foods such as sauerkraut, kombucha, and dairy-free yogurt

barley, rye, and oats

fatty fish such as herring and sardines

potatoes, carrots, and cabbage

low-fat sheep's milk yogurt called skyr

extra virgin olive oil

whole grains

nuts and seeds

herbs and spices, such as oregano, ginger, cumin, and turmeric

fermented soybean products

rice (increases its resistant starch as it cools)



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TD Snyder



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