

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

Padhraic Smyth



Simple Anti Inflammatory Diet Online For Experts 12951:

Enjoying the Melody of Phrase: An Mental Symphony within **Simple Anti Inflammatory Diet Online For Experts 12951**

In a global consumed by displays and the ceaseless chatter of quick connection, the melodic beauty and emotional symphony produced by the written term usually diminish into the back ground, eclipsed by the constant noise and interruptions that permeate our lives. But, situated within the pages of **Simple Anti Inflammatory Diet Online For Experts 12951** a stunning fictional prize filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this interesting masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of the poignant evaluation, we can discover the book is key harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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