

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, GEESSE,
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 Tips 31364 70028

Puja Mehta



Simple Anti Inflammatory Diet Tips 31364 70028:

Simple Anti Inflammatory Diet Tips 31364 70028 Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Simple Anti Inflammatory Diet Tips 31364 70028**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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