

# **ANTI INFLAMMATORY VEGETABLES**

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**Arugula**  
**Asparagus**  
**Bamboo Shoots**  
**Beets**  
**Bok Choy**  
**Broccoli**  
**Brussels Sprouts**  
**Cabbages**  
**Carrots**  
**Cauliflower**  
**Celery**  
**Chard**  
**Cucumber**  
**Eggplant**  
**Fennel**  
**Garlic**  
**Green Leaf Lettuce**

**Hearts of Palm**  
**Kale**  
**Leeks**  
**Mushrooms**  
**Onion**  
**Peppers (All Types)**  
**Radishes**  
**Red Leaf Lettuce**  
**Rhubarb**  
**Shallots**  
**Spinach**  
**String Beans**  
**Tomato**  
**Turnips**  
**Water Chestnuts**  
**Watercress**  
**Yellow Squash**  
**Zucchini**

# Top Anti Inflammatory Diet For Students For Experts

**Didier Musso**



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