

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 2025 For Experts 20518

CO Houle



Simple Anti Inflammatory Diet 2025 For Experts 20518:

Enjoying the Beat of Expression: An Mental Symphony within **Simple Anti Inflammatory Diet 2025 For Experts 20518**

In a global eaten by displays and the ceaseless chatter of fast transmission, the melodic splendor and mental symphony developed by the published term often fade in to the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. However, located within the pages of **Simple Anti Inflammatory Diet 2025 For Experts 20518** a stunning literary prize brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts viewers on a mental journey, well unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths with this poignant review, we will discover the book is main harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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