

ANTI-INFLAMMATORY FOOD LIST

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CHERRIES
ORANGES
GRAPEFRUIT
KIWI
PINEAPPLE
APPLES
PEARS
GRAPES
GUAVA
POMEGRANATE
MANGO
APRICOT
GRAPEFRUIT
LEMON
LIME
RED GRAPES
RASPBERRIES
STRAWBERRIES
PAPAYA
TART CHERRY
WATERMELON
FIGS
DATES
CRANBERRIES
PEACHES

LENTILS
CHICKPEAS
BLACK BEANS
SPLIT PEAS
SOYBEANS

TOMATOES
SPINACH
KALE
BROCCOLI
CAULIFLOWER
RED CABBAGE
BRUSSELS SPROUTS
SWEET POTATOES
CARROTS
BEETS
ONIONS
SWISS CHARD
ASPARAGUS
GREEN BEANS
RED BELL PEPPER
SQUASH
ZUCCHINI
ARUGULA
AVOCADO
ARTICHOKE
SEAWEED
RADICCHIO
RADISH
MUSHROOM
EGGPLANT
FENNEL
BOK CHOY
OKRA
TURNIPS
CUCUMBER

GARLIC
GINGER
TURMERIC
CINNAMON
ROSEMARY
THYME
SAGE
OREGANO
BLACK PEPPER
NUTMEG
CLOVES
CUMIN
BASIL
DILL
CINNAMON
PARSLEY
PEPPER
SAFFRON

DARK CHOCOLATE
COCOA
COFFEE
GREEN TEA
TURMERIC TEA
CHAMOMILE TEA

OLIVES
EXTRA VIRGIN
OLIVE OIL
AVOCADO OIL

WALNUTS
ALMONDS
CASHEWS
PISTACHIOS
CHIA SEEDS
FLAXSEEDS
PUMPKIN SEEDS
BRAZIL NUTS
HAZELNUTS
MACADAMIA NUTS
PECANS
SUNFLOWER SEEDS
SESAME SEEDS

BROWN RICE
BARLEY
FARRO
MILLET
OATMEAL
QUINOA
WHOLE WHEAT
BUCKWHEAT

SALMON
TUNA
SARDINES
HERRING
COD
TROUT
SHRIMP
MACKEREL

*this is not an all inclusive list of anti-inflammatory foods

How To Anti Inflammatory Diet Explained For Workers

RS Peters



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