

# Anti-inflammatory

## Foods to eat

### Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Tempeh
- Edamame
- Grass-fed beef (in moderation)
- Lamb (preferably grass-fed)
- Bison
- Skinless turkey or chicken legs

### Fish

- Salmon
- Sardines
- Mackerel
- Trout
- Herring
- Anchovies
- Cod
- Halibut
- Tuna
- Tilapia

### Vegetables

- Leafy greens (spinach, kale, Swiss chard, collard greens)
- Cauliflower and Broccoli
- Bell peppers (red, yellow, green)
- Celery
- Beetroot
- Tomatoes
- Carrots
- Brussels sprouts
- Cabbage
- Garlic and Onions
- Sweet potatoes
- Asparagus
- Artichokes and Eggplant
- Zucchini
- Radishes
- Turnips
- Leeks

### Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

### Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Matcha tea
- Golden milk (turmeric milk)
- Beet juice
- Pineapple juice
- Water infused with cucumber and lemon
- Herbal teas like chamomile or peppermint

### Herbs And Spices

- Turmeric
- Ginger
- Garlic
- Cloves
- Cinnamon
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

### Whole Grains

- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Farro
- Bulgur
- Amaranth
- Whole wheat

### Fruits

- Berries (strawberries, blueberries, raspberries, blackberries)
- Cherries
- Oranges
- Pineapple
- Papaya
- Watermelon
- Kiwi
- Apples
- Pears
- Grapes

### Nuts And Seeds

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pecans
- Cashews

### Condiments

- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Hummus
- Green pesto
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamarind)
- Lemon juice
- Tahini
- Miso paste

### Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Hemp seeds
- Olives

## Foods to avoid

### Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, cheese puffs)
- Frozen meals (pizza, lasagna, TV dinners)
- Convenience foods (microwave dinners, instant noodles, canned pasta)
- Hot dogs
- Corned beef

### Refined Carbohydrates

- White bread
- White rice
- Pasta made with refined flour
- Pastries (croissants, doughnuts, muffins)
- Breakfast cereals high in sugar and refined grains

### Sugary Foods And Beverages

- Soda
- Fruit juices with added sugar
- Sweetened iced tea
- Candy bars
- Chocolate with high sugar content

### Trans Fats And Unhealthy Fats

- Margarine
- Vegetable shortening
- Deep-fried foods (French fries, fried chicken, onion rings)
- Processed snacks (crackers, cookies, pastries)
- Store-bought pie crusts and doughs

### High-Sodium Foods

- Processed meats (deli meats, bacon, sausage)
- Canned soups
- Pickles
- Salted nuts and seeds
- Canned vegetables with added salt

### High-Glycemic Index Foods

- Instant rice
- Corn flakes
- Cream cheese
- Buttermilk
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Puffed rice cereal
- Instant mashed potatoes
- Pretzels
- Rice cakes
- Bagels
- White pasta

### Omega-6 Rich Oils

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Cottonseed oil

### Foods High in Refined Sugars

- Pastries
- Breakfast cereals with added sugar
- Sugary snacks (gummy candies, sweetened granola bars)
- Flavored yogurt with added sugars
- Desserts (cakes, pies, cookies)

### High-Saturated Fat Foods

- Fatty cuts of meat (ribeye steak, pork belly)
- Processed meats (sausage, bacon)
- Full-fat dairy products (whole milk, cheese)
- Butter
- Palm oil

### Dairy Products

- Whole milk
- Cream
- Full-fat yogurt
- Cheese (especially high-fat varieties like cheddar and brie)
- Flavored yogurt with added sugars
- Sweetened condensed milk
- Cream cheese spreads with added flavors
- Full-fat sour cream
- Margarine

### Nightshade Vegetables

- Tomatoes
- Eggplant
- Bell peppers (red, green, yellow)
- Potatoes (white potatoes)
- Paprika
- Pistachios
- Tomatillos

### Excessive Alcohol

- Beer
- Wine
- Spirits (vodka, whiskey, rum)
- Liqueurs
- Cocktails with sugary mixers

Disclaimer: This list of anti-inflammatory foods is for informational purposes only and should not replace medical advice. Individual responses may vary, and it's recommended to consult a healthcare professional before making dietary changes.

# Simple Anti Inflammatory Diet Explained 719

**M Mosston**



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The Encyclopedia of Mass Spectrometry Michael L Gross,R. M Caprioli,2003 *The Medical Disability Advisor* Presley Reed,2001 **Genomic Medicine** Dhavendra Kumar,Charis Eng,2015 The first edition of Genomics and Clinical Medicine provided an overview of genomics based advances in disease susceptibility diagnosis and prediction of treatment outcomes in various areas of medicine Since its publication the science of genomics has made tremendous progress and exciting new developments in biotechnology and bioinformatics have created possibilities that were inconceivable only a few years ago This completely revised second edition of Genomic Medicine reflects the rapidly changing face of applied and translational genomics in the medical and health context and provides a comprehensive coverage of principles of genetics and genomics relevant to the practice of medicine **Journal of the American Medical Association** ,1907 Textbook of Gastroenterology Tadataka Yamada,David H. Alpers,1999 Provides coverage of contemporary clinical gastroenterology In 143 chapters the text reviews clinically relevant basic science presents practical approaches to common symptoms discusses the spectrum of diseases and describes all diagnostic and therapeutic modalities currently available This third edition of the text includes additional chapters on gastrointestinal inflammation oral manifestations of gastrointestinal disease approach to the patient with gastrointestinal neoplasm and surgical treatment of inflammatory bowel disease

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