

Foods to eat

Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Temptak
- Milkshake
- Grass-fed beef (in moderation)
- Seafood (preferably grass-fed)
- Bacon
- Wildfire turkey or chicken legs

Fish

- Salmon
- Sardines
- Mackerel
- Tuna
- Shrimp
- Anchovies
- Cod
- Mullet
- Tilapia

Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, green)
- Cauliflower and Broccoli
- Bell peppers (red, yellow, green)
- Celery
- Broccoli
- Tomatoes
- Cucumbers
- Broccoli sprouts
- Cabbage
- Corn and Chilies
- Beetroot
- Asparagus
- Artichokes and Eggplant
- Zucchini
- Radishes
- Fennel
- Leeks

Herbs And Spices

- Turmeric
- Curcumin
- Cinnamon
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

Whole Grains

- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Pearl
- Bulgur
- Amaranth
- Mahlab wheat

Fruits

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

Nuts And Seeds

- Almonds
- Walnuts
- Peanut butter
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pistachios
- Cashews

Anti-inflammatory

Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Miso hot tea
- Colden milk (dairy-free milk)
- Bone broth
- Triphala juice
- Wool infused with coconut and lemon
- Matcha tea like chamomile or peppermint

Condiments

- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Mustard
- Garlic paste
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamari)
- Lemon juice
- Yakima
- Miso paste

Healthy Fats

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

Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, potato puffs)
- Frozen meals (pizza, spaghetti, TV dinners)
- Convenience foods (canned soups, instant noodles, canned pasta)
- Hot dogs
- Canned beef

Refined Carbohydrates

- White bread
- White rice
- Pasta made with refined wheat
- Processed cereals (sugary cereals, 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 meats like hot dogs, sausages, salami
- Some doughnuts and donuts

Omega-6 Rich Oils

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Canola seed oil

Foods High In Refined Sugars

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

High-Saturated Fat Foods

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

Dairy Products

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

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
- Crispy rice
- Instant noodle
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Puffed rice cereal
- Instant mashed potatoes
- Pretzels
- Blue waffles
- Bagels
- White pasta

Nightshade Vegetables

- Tomatoes
- Eggplant
- Red peppers (red, green, yellow)
- Potatoes (white potatoes)
- Paprika
- Pimentos
- Tomatillos

Excessive Alcohol

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

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How To Start Anti Inflammatory Diet Guide For Beginners

KJ Lindholm-Leary



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board of supervisors meeting calendar sandiegocounty gov - Apr 20 2023

as noted on the current board of supervisors meeting calendar a regular meeting of the board is held at 9 a m on tuesday and 9 a m on wednesday in room 310 located at the san diego county administration center 1600 pacific highway san diego california the wednesday session deals with planning and land use matters

board of supervisors alameda county california - Jul 11 2022

agenda board of supervisors meeting tuesday february 28 2023 page 1 board of supervisors regular meeting tuesday february 28 2023 county administration building david haubert vice president district 1 supervisors chambers district 2 1221 oak street lena tam district 3 fifth floor room 512 nate miley president district 4

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agenda for the regular meeting of the board of supervisors county of los angeles california tuesday september 26 2023 9 30 a m board hearing room 381b kenneth hahn hall of administration 500 west temple street los angeles california 90012 janice hahn chair fourth district hilda l solis supervisor

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mental health executive board meeting county of sonoma - Nov 15 2022

nov 1 2023 mental health executive board meeting date november 01 2023 time 10 30 a m 12 00 p m hybrid in person meeting webinar information sonoma county dhs office santa rosa conference room 1450 neotomas avenue santa

board of supervisors extends american rescue plan act funding - Jan 17 2023

oct 25 2023 matt brown communications specialist publicaffairs sonoma county org 707 565 3040 575 administration drive suite 104a santa rosa ca 95403 the board of supervisors on tuesday extended american rescue plan act funding for community based organizations that have supported thousands of sonoma county residents through programs

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agenda for the regular meeting of the board of supervisors - May 09 2022

agenda for the regular meeting of the board of supervisors county of los angeles california agenda posted december 1 2022 meeting televised wednesday december 7 2022 at 11 00 p m on klcs assistive listening devices agenda in braille and or alternate formats are available upon request

board of supervisors butte county ca - Sep 13 2022

board of supervisors meetings begin at 9 am generally are held on the 2nd and 4th tuesday of the month due to holidays and other schedule conflicts the board may meet on alternate tuesdays view the board of supervisors 2023 regular meeting calendar pdf for meeting dates 25 county center drive suite 205 board of supervisors chambers