

# 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, GEESSE, 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



# Best Way To Anti Inflammatory Diet Guide For Students

**Katrin Zwirglmaier**



## **Best Way To Anti Inflammatory Diet Guide For Students:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Best Way To Anti Inflammatory Diet Guide For Students**

In a world inundated with displays and the cacophony of fast interaction, the profound energy and psychological resonance of verbal art often disappear into obscurity, eclipsed by the constant assault of noise and distractions. Yet, nestled within the musical pages of **Best Way To Anti Inflammatory Diet Guide For Students**, a interesting work of literary beauty that impulses with raw feelings, lies an memorable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus instructions readers on an emotional odyssey, gently revealing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect its fascinating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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