

# Anti-Inflammatory vs Inflammatory Foods

## Anti-Inflammatory

- Onion and Garlic
- Dark green leafy vegetables
- Dark Chocolate (at least 70% Cocoa)
- Fatty Fish
- Mushrooms
- Turmeric
- Berries
- Avocados



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## Inflammatory

- Alcohol
- Processed foods
- Red and processed meat
- Refined Carbs



# How To Anti Inflammatory Diet For Creators

**Camilla Rothe**



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