

# 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 For Workers 22953

**Abigail Douglas**



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web dec 4 2018 it looks like the fuel pump has a red and black wire and the fuel gauge has a green and black wire however the plug has 2 black wires a red wire and an orange wire my question is two fold

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web sep 20 2010 it s the fuel pump module connector fuel pump module 4 way pin 1 circuit a141 18dg wt fuel pump relay output pin 2 circuit k226 20db lg fuel level sensor signal pin 3 circuit k4 20bk lb sensor ground pin 4 circuit z1 18bk ground where 18 20 gauge dg dark green wt white

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web mar 10 2020 the 12v wire for the fuel pump is the dark green coming into the connector and the orange as in the pic out of the connector and to the pump found another issue while under that needs a quick fix fuel return line has a bit of wetness near the filter how much pressure on that line