# 11 Best ANTI-INFLAMMATORY FOODS

Inflammation causes dozens of health problems ranging from the frustrating-but-not-fatal things like acne and psoriasis to serious diseases like cancer and heart disease. In fact, almost every serious disease is caused directly or indirectly by inflammation.

The good news is that we can avoid most of this inflammation simply by changing our diets to include anti-inflammatory foods—and there are so many to choose from that you'll never get bored of eating this way.

**1 CELERY**
Celery also contains high concentrations of antioxidants and anti-inflammatory content that help manage cholesterol and blood pressure levels.

**2 BEETS**
Beets contain high levels of potassium and magnesium, essential minerals that help reduce inflammation.

**3 BROCCOLI**
Broccoli is another vegetable with a high concentration of both anti-inflammatory ingredients and antioxidants.

**4 BLUEBERRIES**
Blueberries contain a powerful combination of essential antioxidants, anti-inflammatories and other vitamins.

**5 SALMON**
It contains vitamins D, B6 and B12 which are essential to maintaining a good mood plus omega 3 fatty acids which reduce inflammation.

**6 WALNUTS**
Walnuts are some of the healthiest nuts out there, containing high concentrations of several anti-oxidants and omega 3 fatty acids.

**7 CHIA SEEDS**
Chia contains large amounts of omega 3 fatty acids and omega 6 fatty acids, which also have anti-inflammatory properties.

**8 TURMERIC**
Turmeric is often recommended as a supplement to prevent the occurrence or worsening of arthritis thanks to its intense anti-inflammatory properties.

**9 GINGER**
Ginger is a great accent for your food and it also happens to be one of the best anti-inflammatories out there.

**10 PINEAPPLES**
Pineapples contain quercetin and bromelain, a combination that's often used to reduce inflammation and related problems.

**11 LEAFY GREEN VEGETABLES**
Leafy green vegetables contain high concentrations of a variety of nutrients including vitamin K, a vitamin strongly associated with reduced inflammation. Go for spinach, chard or arugula instead of your normal lettuce for an incredible health boost—most of these vegetables contain at least twice the nutritional content of lettuce.

# [Best Anti Inflammatory Diet Explained For Creators](#)

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