

# 15 BEST ANTI-INFLAMMATORY FOODS TO FIGHT DISEASE

## Vegetables



**Broccoli**



**Beans and legumes**



**Bell and chili peppers**



**Tomatoes**



**Beets**



**Mushrooms**

## Fruits



**Berries**



**Pineapple**



**Avocado**

## Fats



**Salmon and other fatty fish**



**Extra virgin olive oil**



**Nuts**

## Herbs, spices, teas, and dark chocolate



**Green tea**



**Ginger**



**Dark chocolate and cocoa**



# Top Anti Inflammatory Diet For Creators

**Y Pai**



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