

ANTI-INFLAMMATORY FOODS

VEGETABLES

Arugula
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Kale
Leeks
Mushrooms
Onions
Radishes
Spinach
Swiss chard
Turnips
Zucchini

HEALTHY FATS

Avocados
Extra Virgin Olive Oil (EVOO)
Olives

FRUITS

Blackberries
Blueberries
Cherries
Cranberries
Lemons
Limes
Pomegranate
Raspberries
Strawberries

PROTEINS

Anchovies
Chicken
Eggs (if tolerated)
Herring
Lentils
Sardines
Salmon
Turkey
Trout
Wild-caught fish



NUTS & SEEDS

Almonds
Chia & Flaxseeds
Hemp hearts
Pumpkin seeds
Walnuts

HERBS & SPICES

Basil
Black pepper
Cinnamon
Cilantro
Dill
Garlic
Ginger
Oregano
Parsley
Rosemary
Sage
Thyme
Turmeric

BEVERAGES

Filtered water
Teas