# Anti inflammatory foods

## Fruits
- Apples
- Apricots
- Avocados
- Berries (blueberries, strawberries, raspberries, blackberries, cranberries, blackcurrants, red currants, Goji berries...)
- Cherries
- Grapefruits
- Grapes
- Kiwis
- Lemons
- Limes
- Mandarin
- Mangoes
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Pomegranates
- Tomatoes

## Vegetables & Legumes
- Asparagus
- Black beans
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chickpeas
- Garlic
- Green beans
- Kidney beans
- Leafy greens (spinach, kale, Swiss chard, arugula, dandelion greens, watercress...)
- Leeks
- Onions
- Red bell pepper
- Squash
- Sweet potatoes
- Zucchini

## Nuts & Seeds
- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Chia seeds
- Flaxseeds
- Hazelnuts
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds

## Whole Grains
- Barley
- Buckwheat
- Farro
- Millet
- Quinoa

## Herbs & Spices
- Basil
- Black pepper
- Cayenne pepper
- Chive
- Cinnamon
- Cloves
- Cumin
- Dill
- Ginger
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric

## Fatty Fish
- Anchovies
- Mackerel
- Salmon
- Sardines
- Trout
- Tuna

### Inflammatory foods to avoid:
- any foods that you may be sensitive to, refined carbohydrates, processed foods (soda, burgers, chips, etc), trans fats, artificial food additives, sugars, excessive alcohol...

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