

# Anti inflammatory foods

## FRUITS

Apples  
Apricots  
Avocados  
Berries (blueberries, strawberries, raspberries, blackberries, cranberries, blackcurrants, red currants, Goji berries...)  
Cherries  
Grapefruits  
Grapes  
Kiwis  
Lemons  
Limes  
Mandarins  
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



## FATTY FISH

Anchovies  
Mackerel  
Salmon  
Sardines  
Trout  
Tuna



## HERBS & SPICES

Basil  
Black pepper  
Cayenne pepper  
Chive  
Cinnamon  
Cloves  
Cumin  
Dill  
Ginger  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppermint  
Rosemary  
Sage  
Thyme  
Turmeric



## HEALTHY FATS

Avocado oil  
Coconut oil  
Extra virgin olive oil  
Ghee (clarified butter)



**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...