

HEALING ANTI-INFLAMMATORY FOOD LIST

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Cruciferous vegetables	Broccoli, Brussels sprouts, red and green cabbage, and cauliflower
Leafy green vegetables	Arugula, collard greens, dandelion greens, kale, mustard greens, spinach, and Swiss chard
Deep yellow or orange vegetables	Acorn squash, butternut squash, carrots, orange and yellow bell peppers, pumpkin, and sweet potatoes
Other vegetables	Mushrooms, tomatoes
Fruit	Apples, apricots, blackberries, cherries, grapes, pineapple, strawberries, oranges, mandarins, grapefruit, peaches, plums, pomegranates, raspberries, and watermelon
Protein	Lean turkey, chicken, and fatty fish (salmon, sardines, herring, mackerel)
Legumes	Navy beans, kidney beans, pinto beans, black beans, and other dry beans; also, chickpeas, green peas, lima beans, and lentils
Whole Grains	Gluten-free oats, buckwheat*, millet, quinoa, brown and wild rice
Nuts and Seeds	Almonds, cashews, chia seeds, hazelnuts, hemp seeds, pecans, walnuts, and flaxseed
Healthy Fats	Avocados, avocado oil, coconut oil, MCT oil, extra virgin olive oil
Herbs and Spices	Cinnamon, nutmeg, turmeric, ginger, garlic, cayenne, black pepper, basil, oregano, cumin, thyme, clove, and cinnamon
Tea	Green and herbal tea
Chocolate	Dark chocolate (unsweetened)



INFLAMMATORY FOOD LIST

Sugary Drinks	Soda, cola, fruit drinks and punches, lemonade, energy drinks, and other drinks with added sugar
Desserts	Brownies, candy, cake, ice cream, cookies, pies, and other desserts
Breakfast Bread	Pastries, doughnuts, croissants, sugary cereal bars, and sweet rolls
Refined Carbohydrates	White pasta, white bread, white flour, sugary breakfast cereals, pastries, and pizza
Processed Meats	Sausage, deli meats, hot dogs, hamburgers, and other processed meats
Processed Snacks	Beef jerky, pretzels, chips, crackers, tortilla chips, and sandwich crackers
Fast Foods	All types of fast food and takeout food
Oils	Processed seed oils and vegetable oils, safflower oil
Trans Fats	Products with partially hydrogenated oils, including commercial baked goods such as cakes, cookies, and pies; shortening, fried foods, and some margarine
Healthy Fats	Avocados, avocado oil, coconut oil, MCT oil, extra virgin olive oil
Alcohol	Wine, beer, spirits, cocktails, and especially alcohol mixed with sugar

