

Your Ultimate Anti-Inflammatory Cheat Sheet

Boost your Health with these simple Dietary Choices!

Inflammation is a natural response in the body, however Chronic inflammation can lead to various health issues. Use this cheat sheet as a guide that may help you reduce your inflammation.

ANTI-INFLAMMATORY FOODS



Strawberries



Blueberries



Raspberries



Cherries



Oranges



Pineapples



Apples



Grapes



Spinach



Kale



Swiss Chard



Broccoli



Cauliflower



Brussels Sprouts



Bell Peppers



Tomatoes



Oats



Brown Rice



Quinoa



Barley



Buckwheat



Whole Wheat Bread



Whole Wheat Pasta



Lentils



Chickpeas



Black Beans



Kidney Beans



Pinto Beans



Edamame



Almonds



Walnuts



Flaxseeds



Chia Seeds



Hemp Seeds



Pumpkin Seeds



Lean Poultry



Eggs (Organic)



Tofu and Tempeh



Salmon



Trout



Herring



Mackerel



Sardines



Ginger



Garlic



Cinnamon



Rosemary



Basil



Turmeric



Water and Lemon



Cherry Juice



Matcha Tea



Turmeric Latte



Green and Herbal Teas



Oils: Olive, Coconut, Flaxseed



Avocado

INFLAMMATORY FOODS TO AVOID



- BREADS, CEREAL, PASTA



- GRANOLA BAR



- CRACKERS
- CANDY



- BAKED GOODS, PASTRIES, CAKES, COOKIES



- SNACK FOODS
- CHIPS



- CREAMERS
- ARTIFICIAL SWEETENERS



- VEGETABLE OILS
- CANOLA OIL
- SOY OIL, CORN OIL



- SODAS, SPORT DRINKS, JUICE

PROCESSED DAIRY



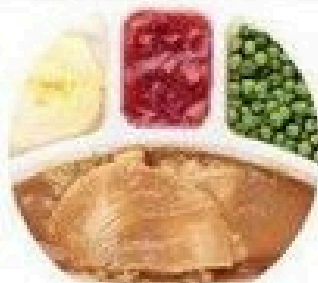
FAST FOODS



FRIED FOODS



FROZEN DINNERS



PROCESSED MEATS

