

ANTI-INFLAMMATORY FOODS – eat a variety consistently

Almonds
Apples
Artichoke
Asparagus
Arugula
Avocados
Barley grass
Basil
Beets
Bell peppers
Black pepper
Blueberries
Bok choy
Broccoli
Brussel sprouts
Buckwheat
Cabbage
Carrots
Cauliflower
Cayenne pepper
Celery
Cherries
Chives
Cilantro
Coconut
Coriander seeds
Cucumbers

Cumin seeds
Dark chocolate (go easy!)
Endives
Extra Virgin Olive Oil
Fava beans
Fennel seeds
Figs
Ginger
Garlic
Green Tea
Horseradish root
Kale
Kelp
Leafy greens
Leeks
Lemon
Lettuce
Limes
Miso
Mustard greens
Oats
Onions
Oranges
Oregano
Pineapple
Peas
Pumpkin

Shallot
Seaweed
Spelt
Spinach
Sprouted seeds
Squash
Strawberries
Sweet potatoes
Turmeric
Turnip
Tomato
Walnuts
Wheat grass
Zucchini

RED LIGHT! INFLAMMATORY FOODS

Be mindful of how quickly these can add up.

Fast food/fried foods
Soda
Refined carbs (white sugar/white flour, no fiber)
Lard, shortening, margarine
Deli/processed meat
All other meat sources except for some fish
Dairy
Sugar and artificial sweeteners
Alcohol beyond moderate drinking