

Foods That Fight Inflammation



Adding these to morning meals will start the day with low inflammation and assist with staving it off throughout the day.

- Berries (strawberries, blueberries, raspberries, etc-Keep berries organic!)
- Oranges
- Mango
- Beets
- Carrots
- Pineapple
- Grapes (green or red)
- ginger
- Onion (great in eggs with some sweet peppers)
- peppers (raw or lightly sauteed and in moderation)
- Papaya
- Coconut
- Aloe vera
- Turmeric
- Cucumbers
- Whole grains (rice, wheat bread, etc)
- Sourdough, pumpernickel, rye, any fermented breads
- brown eggs (brown is higher in omegas, try to get pasture raised or free range)
- Oatmeal
- Lemon & Lime



Adding these into midday and even meals and snacks will continue the anti-inflammatory train!

- Broccoli
- Fatty fish (Tuna, mackerel, salmon, etc.)
- Nuts and seeds (pumpkin seeds, walnuts, almonds, cashews)
- Tomatoes (raw or very lightly sauteed and in moderation)
- dark, leafy greens (collards, spinach *sauteed or blended only, kale, etc)
- Cruciferous vegetables (bok choy, cauliflower, brussel sprouts, cabbage *green or purple, etc)
- Black, white, or red pepper
- Mushrooms
- Arugula
- Dark chocolate, cocoa, or cacao
- Olive oil *raw only, do not cook with it unless on a medium or low heat
- Avocado oil for cooking with
- Ghee for cooking with
- Legumes (black beans, chickpeas, pinto beans, etc)
- Root vegetables
- Quinoa (also a complete protein!)

**All food in moderation, keep these
foods most abundant**

