

## ANTI-INFLAMMATORY FOODS and FOODS TO **AVOID**

# FOODS THAT HELP FIGHT INFLAMMATION

**THESE ARE THE GOOD FOODS THAT YOU WANT TO FREQUENT YOUR DIET TO AVOID AND FIGHT INFLAMMATION. DISCLAIMER: FOODS LISTED BELOW ARE WAYS TO CONSTRUCT YOUR DIETARY PLAN TO AVOID AND REDUCE INFLAMMATION. ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE MAKING ANY MAJOR CHANGES TO YOUR DIET.**

### **VEGETABLES**

BROCCOLI  
BEETS  
TOMATOES  
AVOCADO  
PEPPERS  
MUSHROOMS  
LEAFY GREEN  
VEGETABLES- SPINACH,  
KALE, COLLARDS  
CELERY

### **FRUITS**

BERRIES- BLUEBERRIES,  
RASPBERRIES,  
STRAWBERRIES  
PINEAPPLES  
ORANGES  
APPLES  
GRAPES  
CHERRIES

### **SPICES**

GINGER  
GARLIC  
TURMERIC  
CINNAMON  
ROSEMARY  
CAYENNE PEPPER  
BLACK PEPPER  
SAGE  
OREGANO  
BASIL  
THYME  
CLOVE

### **FATS TO COOK WITH**

EXTRA VIRGIN OLIVE OIL  
COCONUT OIL

### **TEA**

GREEN TEA  
PEPPERMINT TEA  
FENNEL TEA  
CINNAMON TEA

LIQUORICE ROOT TEA  
EUCALYPTUS TEA  
TURMERIC TEA  
GINGER TEA

### **COCOA**

DARK CHOCOLATE

### **PROTEIN**

EGGS  
FATTY FISH FOR OMEGA-  
3'S- SALMON, SARDINES,  
HERRING, MACKERAL,  
ANCHOVIES  
CHIA SEEDS  
BONE BROTH

### **NUTS**

WALNUTS

### **CARBOHYDRATES**

WHOLE GRAIN

# FOODS TO AVOID

**FOODS THAT CAUSE INFLAMMATION. THESE ARE THE FOODS THAT YOU WANT TO AVOID AS MUCH AS POSSIBLE. THESE FOODS ARE TO BE ELIMINATED OVER A PERIOD OF TIME OR REDUCE TO AVOID INFLAMMATION AND OVERALL POOR HEALTH.**

## **SUGAR (REFINED)**

SODA  
SNACKS  
CANDY BARS  
BAKED SWEETS  
"COFFEE DRINKS"  
REFINED FLOUR (REFINED CARBS)  
PIZZA  
WHITE BREAD  
CRACKERS  
PASTA  
TORTILLAS  
BREAKFAST CEREALS  
BAGELS  
PRETZELS

## **VEGETABLE OIL**

FRIED FOODS

## **DAIRY**

MILK  
SOFT CHEESES  
YOGURT  
BUTTER

## **ARTIFICIAL SWEETENERS**

"DIET" SOFT DRINKS  
"NO CALORIE" DRINKS  
"NO SUGAR ADDED"  
PRODUCTS

## **ARTIFICIAL ADDITIVES**

BREAKFAST CEREALS  
**PROCESSED FOODS**  
PROCESSED FOODS WITH FRUITS  
CANDY  
ICECREAM

## **SATURATED FATS**

BURGERS  
PIZZA  
CANDY  
CHIPS

## **MEATS**

(THESE ARE OKAY IF THE MEATS ARE "GRAIN-FED")- WATCH CLOSELY, AS THEY LEAD TO HEART DISEASE AND OTHER HEALTH DEFICIENCIES. "FOOD INC." IS AN AWESOME DOCUMENTARY THAT SHEDS LIGHT ON THE MEAT INDUSTRY AND PROCESSED MEATS.

**BEEF**  
**CHICKEN**  
**PORK**  
**BACON**  
**HOT DOGS**  
**BOLOGNA**  
**SAUSAGE**  
**JERKY**

## **ALCOHOL**

(ONE GLASS SHOULD DO IT. REMEMBER EVERYTHING IS BETTER IN MODERATION. WHEN YOU'RE OUT IN A SOCIAL SETTING, TRY TO CONSUME ONLY ONE ALCOHOLIC BEVERAGE AND WATER IN BETWEEN EACH GLASS AFTER THAT. YOUR BEST BET IS TO LIMIT YOUR ALCOHOLIC INTAKE PERIOD.)  
BEER  
WINE  
LIQUOR

## **GLUTEN and YEAST**

Not saying you should go on a gluten free diet as we all need gluten, however, backing off on foods that you consume daily, why not try the gluten free version to possibly help with inflammation. Get a food sensitivity test done to understand what foods work for you and against you.