



Yes Please

Legumes

Beans, lentils, and chickpeas are excellent sources of fiber, protein, and antioxidants that can help reduce inflammation.

Tart Cherry Juice

Tart cherry juice has been studied for its potential to reduce inflammation and muscle soreness.

Berries

Blueberries, strawberries, raspberries, and other berries are rich in antioxidants and flavonoids that have anti-inflammatory effects.

Fatty Fish

Salmon, mackerel, sardines, and other fatty fish are high in omega-3 fatty acids, which are known for their anti-inflammatory benefits.

Leafy Greens

Spinach, kale, Swiss chard, and other leafy greens are packed with vitamins, minerals, and antioxidants that combat inflammation.

Turmeric

Curcumin, the active compound in turmeric, has potent anti-inflammatory properties and is commonly used in curries and other dishes.

Broccoli

Broccoli contains sulforaphane, a compound with anti-inflammatory effects that supports overall health.

Nuts

Almonds, walnuts, and other nuts are rich in healthy fats and antioxidants that can help reduce inflammation.

Extra Virgin Olive Oil

Olive oil contains monounsaturated fats and compounds that have anti-inflammatory benefits.

Tomatoes

Tomatoes are a source of lycopene, which has been linked to reduced inflammation and oxidative stress.



Yes Please



Green Tea

Blueberries, strawberries, raspberries, and other berries are rich in antioxidants and flavonoids that have anti-inflammatory effects.

Ginger

Ginger contains compounds like gingerol that have anti-inflammatory and antioxidant properties.

Garlic

Garlic contains allicin, a sulfur compound with potential anti-inflammatory effects.

Avocado

Avocados are rich in monounsaturated fats and antioxidants that contribute to an anti-inflammatory diet.

Dark Chocolate

Dark chocolate with high cocoa content contains flavonoids that can have anti-inflammatory benefits.

Cherries

Cherries contain antioxidants called anthocyanins that may help reduce inflammation.

Bell Peppers

Bell peppers are rich in vitamin C and antioxidants that have anti-inflammatory properties.

Oranges

Oranges and other citrus fruits are high in vitamin C and bioflavonoids with potential anti-inflammatory effects.

Whole Grains

Whole grains like quinoa, brown rice, and oats provide fiber and nutrients that support an anti-inflammatory diet.

Yogurt

Unsweetened Greek yogurt and other probiotic-rich foods can support gut health, which may play a role in reducing inflammation.