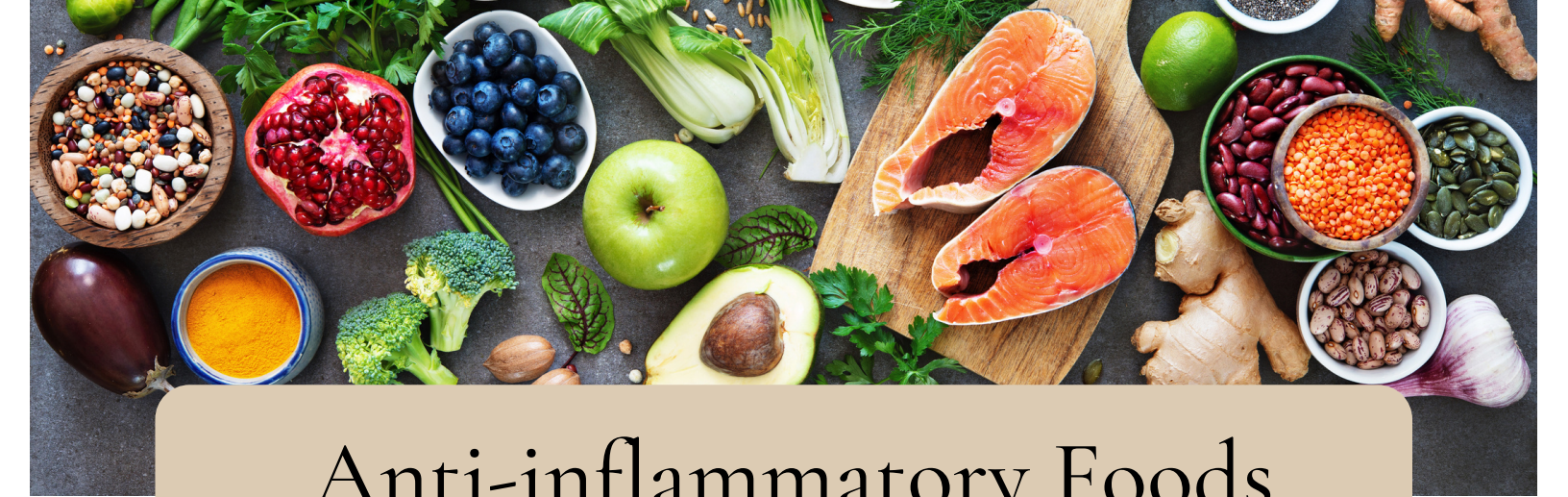




Anti-inflammatory Foods

Eat!

- **Vegetables:** Dark green leafy veggies lettuce, spinach, Swiss chard, broccoli, broccoli sprouts, cabbage, cauliflower, collards, kale, mustard greens, beets, carrots, garlic, onions, tomatoes.
- **Fruits:** blackberries, blueberries, cranberries, raspberries, strawberries, oranges, grapefruit, lemons, limes, apples (with peel), cherries, grapes, pomegranates.
- **Gluten-free grains:** brown rice, buckwheat, amaranth.
- **Soy foods:** edamame, soy milk.
- **Nuts:** almonds, Brazil nuts, walnuts
- **Seeds:** chia seeds, flaxseeds, hemp seeds, pumpkin & sesame seeds.
- **Healthy Fats:** wild-caught salmon, anchovies, halibut, herring, sardines, trout, olives, EVOO, avocados, omega-3 enriched eggs, grass-fed animal products.
- **Fermented dairy products:** kefir, yogurt.
- **Plant-based fermented foods:** sauerkraut, kimchi, fermented cabbage or other veggies, tempeh (fermented soybeans formed in a block).
- **Fermented beverages:** kombucha (fermented black or green tea).
- **Herbs and spices & teas:** cardamom, cinnamon, ginger, saffron, thyme, turmeric, tea (black, citrus or green).

Don't Eat!

Highly processed foods, Fast food, Grain-fed animal products, High omega-6 oils (corn and soybean), Highly processed fats (fried foods), Refined grains/carbs, Refined sweeteners, Soda, Alcohol, or foods you are sensitive to.