

Anti-inflammatory Foods

CHOOSE MORE OFTEN



Blueberries —

Powerful inflammation fighters packed with antioxidants.

Enjoy a handful as a snack, add to oatmeal, yogurt, smoothies, or salads.



Wild Caught Salmon —

An excellent source of omega 3 fatty acids and high-quality protein.

Enjoy baked, grilled, or poached salmon 2–3 times per week.



Broccoli and Beets —

These colorful vegetables are rich in antioxidants and support a healthy inflammatory response.

Roast, steam, or enjoy in salads.



Dark Chocolate —

An antioxidant power punch.

Choose 70% cocoa or higher and enjoy 2 small squares a day.



Ginger and Turmeric —

Powerful anti-inflammatory spices.

Use generously and frequently in cooking, tea, soups, smoothies, and more.