

foodchoices



Top 13 Anti-Inflammatory Foods:

- Berries: strawberries, blueberries, raspberries, blackberries
- Fatty fish: salmon, sardines, herring, mackerel, anchovies
- Broccoli
- Avocado
- Green tea
- Peppers
- Mushrooms
- Grapes
- Turmeric
- Olive Oil
- Dark Chocolate
- Cherries
- Tomatoes

Inflammatory Foods to Avoid:

- Processed foods
- Alcohol
- Sugar
- Red meat
- White flour foods
- Processed meats