

Foods & Inflammation

Anti-Inflammatory

- Fresh vegetables (steamed) and fruits
- Seeds and sprouts
- Whole grains (non-wheat, non-gluten)
- Fish oils and healthy fats (olive, flax, evening primrose oil, borage, black currant)
- Fish, chicken and turkey
- Legumes (black beans, lentils, chick peas)
- Water and green tea
- Healthy herbs and spices (garlic, ginger, turmeric, cinnamon)



Pro-Inflammatory

- Refined grains
- Processed omega-6 vegetable oils like soybean, corn and sunflower
- Dairy products
- Red meat (beef, pork) and processed meat
- Refined sugars
- Nightshade vegetables (tomato, peppers, eggplant and potato)
- Processed foods
- Hydrogenated oils (margarine, vegetables shortening)
- Fried foods
- Alcohol and coffee