



Anti-Inflammatory Foods

- **Berries**- You want to look for berries that are packed with fiber, vitamins + minerals. Look for strawberries, blueberries, raspberries and blackberries. They have antioxidants called anthocyanins which may help reduce inflammation.
- **Fish**- Salmon, tuna, sardines, mackerel, herring and anchovies all have high amounts of omega 3 fatty acids. You can see anti-inflammation effects from eating these fish. If you are not a big seafood lover, try fish oil supplements.
- **Cruciferous Veggies**- Broccoli, cauliflower, spinach, Brussels sprouts and kale. Broccoli especially, is rich in sulforaphane, which helps fight inflammation by reducing cytokines, which drive inflammation.



- **Avocados**- They are packed with potassium, magnesium, fiber and are heart healthy. They help protect against inflammation.
- **Green tea**- has a high content of epigallocatechin 3, which helps reduce inflammation.
- **Peppers**- bell peppers have Vitamin C and antioxidants which help with inflammation. Be careful though. Peppers are considered a night shade veggie and for some, ends up causing more pain.
- **Mushrooms**- truffles, Portobello and shitake are low in calories and rich in selenium. They contain phenols and other antioxidants that provide protection from inflammation.
- **Grapes**- Grapes contain a compound called resveratrol which helps reduce inflammation.



- **Turmeric**- a spice that contains a powerful anti-inflammatory compound called curcumin. Another great anti-inflammatory is ginger.
- **Extra Virgin Olive Oil**- this is one of the healthiest fats you can eat. It also provides powerful anti-inflammatory benefits. Oleocanthal, an antioxidant found in olive oil, has been compared to anti-inflammatory drugs like ibuprofen.
- **Dark Chocolate and Cocoa**- packed with antioxidants that reduce inflammation. In order to reap the anti-inflammatory benefits, choose dark chocolate that contains at least 70% cocoa.
- **Flaxseeds**- Have very high levels of anti-inflammatory omega 3 fatty acids, that helps with inflammation. Chia seeds are also helpful with fighting inflammation.
- **Nuts**- have a major anti-inflammatory effect. Especially almonds.



- **Tomatoes**-Rich in nutrients that fight against inflammation. But be careful, like peppers, tomatoes are considered a night shade veggie and may cause more problems for some.
- **Other foods**- cherries, beets, garlic/onions + pineapples all also help with fighting against inflammation.

Note: Please talk with your doctor before adding any new foods to your diet. This list is based on my own personal experience and may not work for everyone.