



ANTI-INFLAMMATORY FOODS



Taste the rainbow of natural inflammation fighters!

CHRONIC INFLAMMATION IS LINKED TO MANY DISEASES INCLUDING DIABETES, HEART DISEASE, CANCER, DEPRESSION, ARTHRITIS, AND ALZHEIMER'S. ELEVATED BLOOD SUGAR, BLOOD PRESSURE, AND CHOLESTEROL CAN ALL CONTRIBUTE TO INFLAMMATION. THESE COLORFUL FOODS CONTAIN VARIOUS COMPOUNDS THAT CAN REDUCE LOW-GRADE INFLAMMATORY RESPONSES. ANTI-INFLAMMATORY DIETS HAVE ALSO BEEN SHOWN TO HELP WITH MUSCLE RECOVERY, PAIN, AUTOIMMUNE FLARES, GI DISTRESS, AND OTHER CONDITIONS.



LEAFY GREENS & CRUCIFEROUS VEGGIES
Loading up on kale, collards, spinach, bok choy, cabbage, broccoli, and brussel sprouts is inversely correlated with inflammatory markers.



AVOCADO, OLIVES, & NUTS
The monounsaturated fats in these foods are protective against inflammation when consumed in place of saturated and trans fats.



BERRIES & CHERRIES
The deep blue and red pigments of these fruits are full of healthy antioxidants, notably anthocyanins that help reduce free radicals.



GRAPES & PLUMS
The purple and black skin/flesh of these foods are high in phytonutrients. Enjoy these fruits or try purple carrots, sweet potatoes, cauliflower, cabbage, and figs!



SWEET POTATOES, SQUASH, & CARROTS
These foods are loaded with beta-carotene, which lowers levels of C-reactive protein among other useful actions.



SEEDS & SALMON
Omega 3s are known to be anti-inflammatory. They can be found in flax seeds, chia seeds, hemp seeds, and fatty fish.



TOMATOES
The high lycopene content of tomatoes makes them a top anti-inflammatory pick. Watermelon, papaya, guava, and grapefruits are also good sources of this antioxidant.



SPICES & TEA
Ginger and turmeric contain compounds that work similarly to ibuprofen. Green tea is high in polyphenols. Garlic contains allyl sulfides. All good stuff!



LEGUMES & WHOLE GRAINS
Beneficial gut bacteria thrive when fed fiber-rich foods, especially the soluble kind. They pay for their meals with all kinds of inflammation-fighting compounds.



BELL PEPPERS & CITRUS FRUITS
Vitamin C rich foods aid the immune system in combating inflammation.