

Inflammatory & Anti-inflammatory Food

Foods that cause inflammation and should be limited:

- Processed foods
- Sugar, sugar substitutes, and artificial sweeteners
- Refined carbohydrates such as bread and pasta
- Alcohol
- Bad oils and fats such as seed oils and margarine
- Soda and sugar-sweetened beverages
- Grain-fed red meat
- Monosodium glutamate or MSG

Foods with anti-inflammatory properties:

- Green leafy vegetables
- Probiotic foods
- Bone broth
- Sweet potatoes, yams, beets, broccoli, tomatoes, and peppers
- Blueberries, raspberries, and strawberries
- Chia and flax seeds
- Extra-virgin olive oil
- Turmeric, ginger, and cinnamon
- Walnuts and almonds
- Garlic and onion
- Green tea
- Wild-caught fatty fish
- Dark chocolate and cocoa