

ANTI-INFLAMMATORY FOODS

SEASONINGS

Basil
Black Pepper
Cardamom
Cilantro
Cinnamon
Cloves
Cumin
Garlic
Ginger
Parsley
Turmeric

OILS

Coconut, cooking
Flaxseed Oil - don't heat
Olive Oil
Sesame Oil - don't heat
Walnut Oil - don't heat

PROTEIN

Anchovy
Beef, organic
Chicken, organic
Eggs, unbroken yolks
Flounder
Herring, fresh or pickled
Lamb, organic
Mackerel, Atlantic
Sablefish
Salmon, fresh or smoked
Sole
Sturgeon
Tilapia
Tuna
Turkey, organic
Yogurt, plain, nonfat

VEGETABLES

Arugula
Asparagus
Bean Sprouts
Beans (in moderation)
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Celery
Chives
Collard Greens
Eggplant
Endive
Garlic
Kale
Leeks
Lettuce, Red
Lettuce, Romaine
Mushrooms
Mustard Greens
Okra
Onions
Parsley
Peppers, Green
Peppers, Red
Peppers, Yellow
Radicchio
Radishes
Scallions
Seaweeds
Soybeans, sprouted
Spinach
Squash, Summer
Squash, Winter
String Beans
Swiss Chard
Tomatoes
Watercress

FRUITS

Apples
Banana
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Cranberries
Grapefruit
Lemons
Limes
Oranges
Pineapple
Pomegranates
Raspberries
Strawberries
Tangerine
Watermelon

DAIRY

Cottage Cheese
Feta Cheese
Mozzarella
Ricotta

NUTS

Almonds
Flaxseeds
Sesame Seeds
Walnuts

MISCELLANEOUS

Buckwheat (in moderation)
Cocoa, unsweetened
Coffee, organic
Rice (in moderation)
Stevia
Tea, green is best
Whey Protein Powder



For more information, contact:

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