

# Anti-Inflammatory Foods List

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Cherries
- Oranges
- Pineapple
- Mango
- Papaya
- Watermelon
- Apples
- Avocado
- Grapes
- Kiwi
- Pomegranate
- Cranberries
- Tomatoes
- Bell peppers
- Spinach
- Kale
- Broccoli
- Cauliflower
- Brussels sprouts
- Carrots
- Sweet potatoes
- Beets
- Ginger
- Turmeric
- Garlic
- Onions
- Leeks
- Shallots

- Green tea
- Black tea
- Coffee
- Olive oil
- Avocado oil
- Flaxseeds
- Chia seeds
- Walnuts
- Almonds
- Pistachios
- Brazil nuts
- Fatty fish (salmon, mackerel, sardines)
- Tuna
- Trout
- Anchovies
- Mussels
- Shrimp
- Cod
- Herring
- Pinenuts
- Arugula
- Elderberries
- Eggs

- Quinoa
- Brown rice
- Oats
- Barley
- Bulgur
- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Cannellini beans
- Green beans
- Peas
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Fennel
- Celery
- Cabbage
- Artichokes
- Zucchini
- Asparagus
- Radishes
- Cucumber

- Parsley
- Basil
- Rosemary
- Thyme
- Cinnamon
- Cumin
- Coriander
- Dill
- Mint
- Sage
- Tarragon
- Cilantro
- Parsley
- Dark chocolate
- Rhubarb
- Flaxseed oil
- Hemp seeds
- Mushrooms
- Paprika
- Cayenne pepper
- Cloves
- Nutmeg

# Categories

## Fruit:

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Cherries
- Oranges
- Pineapple
- Mango
- Papaya
- Watermelon
- Apples
- Avocado
- Grapes
- Kiwi
- Pomegranate
- Cranberries
- Elderberries

# Vegetables:

- Tomatoes
- Bell peppers
- Spinach
- Kale
- Broccoli
- Cauliflower
- Brussels sprouts
- Carrots
- Sweet potatoes
- Beets
- Garlic
- Onions
- Leeks
- Shallots
- Green Beans
- Peas
- Arugula
- Fennel
- Celery
- Cabbage
- Artichokes
- Zucchini
- Asparagus
- Radishes
- Cucumber
- Rhubarb
- Mushrooms

# Protein:

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Cannellini beans
- Eggs

# Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Bulgur

# Nuts/Seeds

- Flaxseeds
- Chia seeds
- Walnuts
- Almonds
- Pistachios
- Brazil nuts
- Pinenuts
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Hemp Seeds



# Fish

- Fatty fish  
(salmon, mackerel, sardines)
- Tuna
- Trout
- Anchovies
- Mussels
- Shrimp
- Cod
- Herring

# Herbs/Spices

- Ginger
- Turmeric
- Parsley
- Basil
- Rosemary
- Thyme
- Cinnamon
- Cumin
- Coriander
- Dill
- Mint
- Sage
- Tarragon
- Cilantro
- Parsley
- Paprika
- Cayenne pepper
- Cloves
- Nutmeg

# Drinks

- Coffee
- Green Tea
- Black Tea

# Other

- Olive Oil
- Avocado Oil
- Flaxseed Oil
- Dark Chocolatee