



Anti-Inflammatory Foods List PDF

This is an extensive list of anti-inflammatory foods to have handy everywhere you go.

Fruits

- Apples
- Apricots
- Bananas
- Blueberries
- Cherries
- Cranberries
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Lime
- Mandarin oranges
- Mango
- Oranges
- Papaya
- Peaches
- Pear
- Pineapple
- Pomegranate

Vegetables

- Arugula
- Asparagus
- Bamboo shoots
- Bell pepper
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green beans
- Kale
- Leeks
- Mushrooms
- Onions
- Spinach
- Summer squash
- Swiss chard
- Tomatoes
- Watercress
- Zucchini

Legumes

- Beans (any type)
- Chickpeas
- Edamame
- Lentils

Nuts and seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Peanuts

- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnuts

Proteins

- Anchovies
- Cheese (low-fat)
- Chicken
- Dairy (low-fat)
- Mackerel
- Salmon
- Sardines
- Trout
- Tuna
- Turkey

Healthy fats

- Avocado
- Avocado oil
- Nuts
- Seeds
- Olives
- Olive oil

Whole grains

- Barley
- Brown rice
- Buckwheat
- Farro
- Millet
- Oats
- Quinoa
- Sorghum
- Whole rye
- Whole wheat

Herbs and spices

- Allspice
- Black pepper
- Cayenne pepper

- Cloves
- Cocoa powder
- Coriander
- Cinnamon
- Cumin
- Dill
- Ginger
- Fennel
- Marjoram
- Mint
- Parsley
- Oregano
- Rosemary
- Saffron
- Sage
- Tarragon
- Turmeric