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Anti-inflammatory Foods

- Ginger and Turmeric (curry)
- Beans and Legumes
- Pineapple and Papaya
- Garlic, onions and scallions
- Fish oil (be sure it's free of mercury)
- Flax seeds and oil
- Green Leafy Veggies
- Extra Virgin Olive Oil
- Blueberries and Blackberries
- Fiber (any)
- Green and Black Tea
- Whole Grains
- Rosemary, Parsley and Cilantro
- Beets
- Dark Chocolate
- Wheat Grass
- Red Wine (1 glass/day)
- Black Cherries
- Lemon Water
- Avocados and coconuts
- Pomigranate fruit and juice
- Nuts and Seeds

These foods reduce inflammation and improve health. Eat More of These.

Pro-inflammatory Foods

- White Sugar
- White Flour
- White Rice
- Meat
- Meat Fat
- Milk Fat
- Dairy
- Alcohol (to excess)
- Coffee
- Processed Foods!!!
- Trans-fatty Acids
- Saturated fats (to excess)
- Artificial Sweeteners
- Artificial Colors
- Nitrites (processed meat)
- Tobacco products

These foods contribute to increased whole-body inflammation and have been shown to contribute to major chronic diseases such as heart disease, diabetes and cancer.

Eat Fewer of These!

**Don't
Forget
To
Drink
Your
Water!!!**

Foods Highest in Pesticides: (The Dirty Dozen)

Buy These Organic!

Apples	Bell Peppers	Celery	Cherries
Grapes	Nectarines	Peaches	Pears
Potatoes	Raspberries	Spinach	Strawberries

Foods Lowest in Pesticides:

These are Safe Conventionally Grown.

Asparagus	Avocados	Bananas	Broccoli
Cauliflower	Corn	Kiwi	Mango
Onions	Papaya	Pineapples	Peas