



Anti-Inflammatory Foods List

MANIFESTAIRE.COM



ANTI-INFLAMMATORY VEGETABLES



- Artichoke
- Arugula
- Asparagus
- Bamboo Shoots
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Broccoli Sprouts
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Fennell
- Garlic
- Green Beans
- Hearts of Palm
- Japanese Potato
- Japanese Pumpkin
- Jicama
- Kale
- Kelp

- Leeks
- Lettuce Varieties
- Mushrooms
- Okra
- Olives
- Onion Family
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radishes
- Ramp
- Red onion
- Rhubarb
- Shallot
- Spinach
- Spring Onions
- Squash
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Turnip Greens
- Yam
- Zucchini



ANTI-INFLAMMATORY FRUITS

- Acai Berries
- Acerola Cherries
- Apples
- Apricot
- Avocados
- Black Currants
- Blueberries
- Cantaloup
- Cherries
- Clementine
- Cranberries
- Dragonfruit
- Fig
- Grapefruit
- Grapes
- Guavas
- Honeydew
- Kiwi
- Kumquat
- Lemons
- Limes
- Mulberries
- Mangos
- Oranges
- Papaya
- Peaches
- Pear
- Pineapples
- Plum
- Pomegranate
- Raspberries
- Rhubarb
- Starfruit
- Strawberries
- Watermelon



ANTI-INFLAMMATORY GRAINS

- Quinoa
- Steel-Cut Oats
- Barley
- Buckwheat
- Rye
- Brown Rice
- Quinoa
- Wild Rice
- Black Rice
- Bulgar
- Corn



ANTI-INFLAMMATORY LEGUMES

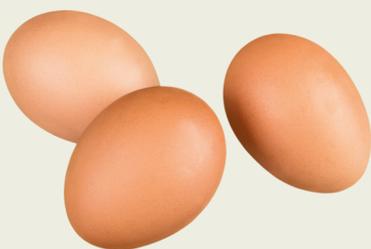
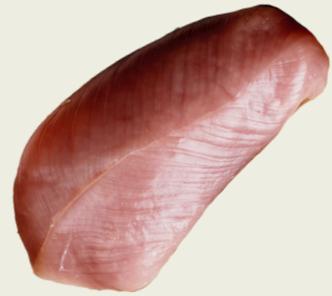
- Garbanzo Beans (Chickpeas)
- Lentils
- Dried Beans (any type)
- Peas
- Green Beans
- Edamame



ANTI-INFLAMMATORY MEAT, EGGS, SOY PRODUCTS



- Organic Tofu
- Tempeh
- Duck
- Goose
- Grass-Fed Beef
- Elk
- Bison
- Deer
- Eggs (veggie-fed, free-range, omega-3, organic)
- Turkey
- Quail
- Free-Range Organic Chicken



ANTI-INFLAMMATORY SEAFOOD

- Anchovies
- Clams
- Cod
- Crab
- Grouper
- Halibut
- Herring
- Lobster
- Mussels
- North Atlantic Mackerel
- Oysters
- Sablefish
- Salmon (choose wild, when possible)
- Sardines
- Shrimp
- Snapper Fish
- Striped Bass
- Trout
- Tuna
- Whitefish



ANTI-INFLAMMATORY FATS AND OILS



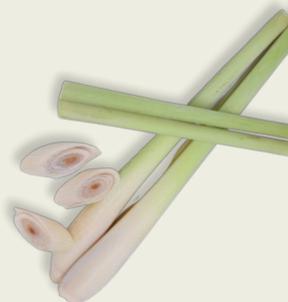
- Extra Virgin Olive Oil
- Coconut Oil
- Organic Grass-Fed Butter
- Almond Oil
- Avocado Oil
- Sesame seed Oil
- Walnut Oil
- Flaxseed Oil
- Ghee





ANTI-INFLAMMATORY SPICE AND HERBS



- Basil
 - Bay Leaf
 - Black Pepper
 - Cardamom
 - Cayenne Pepper
 - Chili Peppers
 - Cilantro
 - Cinnamon
 - Cloves
 - Cocoa 70%
 - Coriander
 - Cumin
 - Curry
 - Dill
 - Galangal
 - Ginger
 - Holy Basil
 - Kaffir Lime Leaf
 - Licorice
 - Lemongrass
 - Mint
 - Oregano
 - Pandan Leaf
 - Paprika
 - Parsley
 - Rosemary
 - Sage
 - Star Anise
 - Thyme
 - Torch Ginger Flower
 - Turmeric
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ANTI-INFLAMMATORY NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Flax Seeds
- Hazelnuts
- Macadamia
- Pecans
- Pistachios
- Sesame Seeds
- Sunflower Seeds
- Walnuts





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Please do your due diligence to consult the appropriate licensed healthcare professional (e.g., certified personal trainer, physical therapist, psychotherapist, medical doctor, dentist, nutritionist, or registered dietician) regarding your specific needs and circumstances

