

## ANTI-INFLAMMATORY DIET FOOD LIST

Central to the anti-inflammatory diet are foods rich in antioxidants, omega-3 fatty acids, and other nutrients that help reduce inflammation in the body. Here's a comprehensive list to get you started:

### FRUITS:

- Berries (blueberries, strawberries, raspberries)
- Cherries
- Oranges
- Pineapple
- Apples

### VEGETABLES:

- Leafy greens (spinach, kale, collard greens)
- Broccoli
- Cauliflower
- Sweet potatoes
- Bell peppers

### FATS AND OILS:

- Olive oil (extra virgin)
- Avocado oil
- Flaxseed oil

### PROTEINS:

- Fatty fish (salmon, mackerel, sardines)
- Nuts (almonds, walnuts)
- Seeds (chia seeds, flaxseeds)
- Legumes (beans, lentils)

### WHOLE GRAINS:

- Quinoa
- Brown rice
- Oats