The Anti-Inflammatory Diet

Inflammation is the body's natural response to illness, infection, or injury. Although inflammation can be acute or chronic, making some diet changes can reduce any discomfort and lessen your need for medication. Below is your anti-inflammatory food guide that will help you form a balanced diet to fight your inflammation!

CONSUME

Fruits

blueberries, blackberries, cherries, red grapes, avocado, coconut



Veggies

- kale, spinach, broccoli, cauliflower

Nuts

- almonds, walnuts, pine nuts, pistachios

Whole grains

Dark chocolate

Salmon



AVOID

Saturated fats

 Keep in mind that dairy is the source of many saturated fats

High cholesterol

High-refined starches

- white bread & white pasta

Sugar

- cookies, candy, ice cream, sugary drinks

Trans-fatty acids

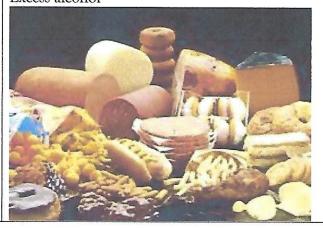
deep-fried foods

Processed meats

Processed snacks

- chips and crackers

Excess alcohol



Don't forget...

- ✓ Fruits and veggies are full of antioxidants, which have an anti-inflammatory effect on the body → these are KEY to this diet
- ✓ Drink plenty of water!!