

# TOP 7 ANTI-INFLAMMATORY FOODS to include in your diet

01

## Fatty fish

- Sardines, salmon, mackerel
- Contains Omega-3 fatty acids which produces compounds which stop inflammation



02

## Fruits

- Especially cherries, blueberries and oranges
- Fruits are a rich source of polyphenols and vitamin C which are anti-inflammatory



03

## Leafy Greens and cruciferous vegetables

- Especially kale, spinach and arugula, broccoli
- Source of the compound called Quercetin which has the ability to act like some anti-inflammatory drugs.



04

## Nuts and seeds

- Walnuts, peanuts, almonds, chia and flaxseed.
- Good source of healthy fats and excellent source of Vitamin E which reduces inflammation



05

## Olive Oil

- Contains oleocanthal which has similar anti-inflammatory characteristics as ibuprofen



06

## Tomatoes

- Excellent source of lycopene, an anti-inflammatory (and anti-cancer) compound



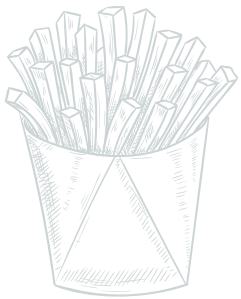
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## Turmeric\*

- Powerful anti-inflammatory
- Use raw organic root if possible in combination with olive oil and piperine (black pepper).



# TOP 7 INFLAMMATORY FOODS to exclude from your diet



01

## Alcohol

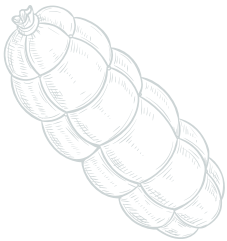
- Eliminate or severely limit alcohol consumption



02

## Vegetable Oils

- corn, safflower, sunflower, soy and vegetable and products made with those oils contain high amounts of Omega 6



03

## Baked Goods

- High in inflammatory sugar
- Refined carbohydrates should be avoided



04

## Processed meat

- Bacon, sausages, luncheon meat
- Contains nitrites which are known carcinogens

05

## Soda and Diet Soda

- Contains too much sugar or artificial sweeteners
- Refined carbohydrates should be avoided



06

## Sugar

- Refined sugar



07

## Refined Grains

- Refined grains, including white bread, white rice, pasta and breakfast cereals.
- Refined carbohydrates should be avoided

