

Anti-Inflammatory Diet Food List

Name: _____ Date: _____

Instructions: Below, you'll find a list of foods suitable for an anti-inflammatory diet and those that should be avoided. Feel free to include additional items as needed.

Whole grains	Fruits
<p>Choose minimally processed, fiber-rich grains to stabilize blood sugar and reduce inflammation.</p> <div><input type="checkbox"/> Quinoa, farro, bulgur</div> <div><input type="checkbox"/> Brown rice, wild rice</div> <div><input type="checkbox"/> Oats (unsweetened and whole)</div> <div><input type="checkbox"/> Barley</div> <div><input type="checkbox"/> Buckwheat</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>	<p>Rich in antioxidants, vitamins, and fiber. Aim for fresh, seasonal, and diverse colors.</p> <div><input type="checkbox"/> Berries: Blueberries, strawberries, raspberries, blackberries</div> <div><input type="checkbox"/> Citrus fruits: Oranges, lemons, limes, grapefruit</div> <div><input type="checkbox"/> Apples, cherries, pears</div> <div><input type="checkbox"/> Pineapple (contains bromelain, an anti-inflammatory enzyme)</div> <div><input type="checkbox"/> Pomegranate</div> <div><input type="checkbox"/> Grapes (especially red or purple)</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>
Healthy fats	Proteins
<p>Omega-3 fatty acids and monounsaturated fats are anti-inflammatory.</p> <div><input type="checkbox"/> Fatty fish: Salmon, mackerel, sardines, anchovies, trout</div> <div><input type="checkbox"/> Olive oil (extra virgin preferred)</div> <div><input type="checkbox"/> Avocados</div> <div><input type="checkbox"/> Nuts: Walnuts, almonds, pistachios, pecans</div> <div><input type="checkbox"/> Seeds: Flaxseeds, chia seeds, hemp seeds</div> <div><input type="checkbox"/> Coconut oil (in moderation)</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>	<p>Opt for lean and plant-based protein sources.</p> <div><input type="checkbox"/> Legumes: Lentils, chickpeas, black beans, kidney beans</div> <div><input type="checkbox"/> Tofu, tempeh</div> <div><input type="checkbox"/> Eggs (preferably pastured or organic)</div> <div><input type="checkbox"/> Lean poultry (chicken, turkey)</div> <div><input type="checkbox"/> Grass-fed beef (in moderation)</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>

Herbs and spices	Vegetables
<p>Powerful sources of anti-inflammatory compounds.</p> <ul style="list-style-type: none"><input type="checkbox"/> Turmeric (curcumin; enhance absorption with black pepper)<input type="checkbox"/> Ginger<input type="checkbox"/> Cinnamon<input type="checkbox"/> Garlic<input type="checkbox"/> Cayenne pepper<input type="checkbox"/> Rosemary, thyme, oregano, basil<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>	<p>Focus on colorful, cruciferous, and leafy greens.</p> <ul style="list-style-type: none"><input type="checkbox"/> Leafy greens: Spinach, kale, arugula, Swiss chard, watercress<input type="checkbox"/> Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage<input type="checkbox"/> Sweet potatoes, carrots, squash, pumpkin<input type="checkbox"/> Peppers (bell peppers, chili peppers in moderation)<input type="checkbox"/> Beets (high in antioxidants and betalains)<input type="checkbox"/> Onions, garlic (contain quercetin and allicin)<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>
Fermented foods	Beverages
<p>Support gut health and reduce inflammation.</p> <ul style="list-style-type: none"><input type="checkbox"/> Yogurt (unsweetened, with live cultures)<input type="checkbox"/> Kefir<input type="checkbox"/> Kimchi<input type="checkbox"/> Sauerkraut<input type="checkbox"/> Miso<input type="checkbox"/> Tempeh<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>	<p>Hydration and anti-inflammatory compounds are key.</p> <ul style="list-style-type: none"><input type="checkbox"/> Green tea (rich in EGCG)<input type="checkbox"/> Matcha tea<input type="checkbox"/> Herbal teas (ginger, turmeric, chamomile)<input type="checkbox"/> Black tea (in moderation)<input type="checkbox"/> Coffee (in moderation, without sugar/cream)<input type="checkbox"/> Bone broth (collagen and amino acids)<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>

Other anti-inflammatory foods	Foods to avoid or limit
<div><input type="checkbox"/> Dark chocolate (70% cocoa or higher)</div> <div><input type="checkbox"/> Seaweed</div> <div><input type="checkbox"/> Mushrooms (shiitake, maitake, reishi)</div> <div><input type="checkbox"/> Extra-dark honey or manuka honey (in moderation)</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>	<div>These foods are known to promote inflammation:</div> <div><input type="checkbox"/> Refined carbohydrates: White bread, pastries, sugary cereals</div> <div><input type="checkbox"/> Fried foods and trans fats</div> <div><input type="checkbox"/> Processed meats: Sausages, bacon, deli meats</div> <div><input type="checkbox"/> Sugary beverages: Soda, energy drinks</div> <div><input type="checkbox"/> Artificial sweeteners and additives</div> <div><input type="checkbox"/> High-sodium packaged foods</div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div>
<div>Additional notes</div>	