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

Herbs and spices	Vegetables
Powerful sources of anti-inflammatory	Focus on colorful, cruciferous, and leafy greens.
compounds. Turmeric (curcumin; enhance absorption	Leafy greens: Spinach, kale, arugula, Swiss chard, watercress
 with black pepper) Ginger	Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage
☐ Cinnamon	Sweet potatoes, carrots, squash, pumpkin
☐ Garlic	Peppers (bell peppers, chili peppers in moderation)
☐ Cayenne pepper	☐ Beets (high in antioxidants and betalains)
☐ Rosemary, thyme, oregano, basil	☐ Onions, garlic (contain quercetin and allicin)
Fermented foods	Beverages
Fermented foods Support gut health and reduce inflammation.	Hydration and anti-inflammatory compounds are
	Hydration and anti-inflammatory compounds are key.
Support gut health and reduce inflammation.	Hydration and anti-inflammatory compounds are
Support gut health and reduce inflammation.	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation) Coffee (in moderation, without sugar/cream)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation) Coffee (in moderation, without sugar/cream)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation) Coffee (in moderation, without sugar/cream)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation) Coffee (in moderation, without sugar/cream)
Support gut health and reduce inflammation. Yogurt (unsweetened, with live cultures) Kefir Kimchi Sauerkraut Miso	Hydration and anti-inflammatory compounds are key. Green tea (rich in EGCG) Matcha tea Herbal teas (ginger, turmeric, chamomile) Black tea (in moderation) Coffee (in moderation, without sugar/cream)

Dark chocolate (70% cocoa or higher) Seaweed Mushrooms (shiltake, maitake, reishi) Extra-dark honey or manuka honey (in moderation) Sugary beverages: Soda, energy drinks Artificial sweeteners and additives High-sodium packaged foods Additional notes	Other anti-inflammatory foods	Foods to avoid or limit
Mushrooms (shiitake, maitake, reishi)	☐ Dark chocolate (70% cocoa or higher)	
Extra-dark honey or manuka honey (in moderation) Processed meats: Sausages, bacon, deli meats Sugary beverages: Soda, energy drinks Artificial sweeteners and additives High-sodium packaged foods	Mushrooms (shiitake, maitake, reishi)Extra-dark honey or manuka honey (in	
moderation) Processed meats: Sausages, bacon, deliments Sugary beverages: Soda, energy drinks Artificial sweeteners and additives High-sodium packaged foods		☐ Fried foods and trans fats
Artificial sweeteners and additives High-sodium packaged foods		□ Processed meats: Sausages, bacon, deli meats
High-sodium packaged foods		☐ Sugary beverages: Soda, energy drinks
		☐ Artificial sweeteners and additives
		☐ High-sodium packaged foods
Additional notes		
Additional notes		
Additional notes	Additional nates	