

# Anti-Inflammatory Diet Food Lists

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

<p>Whole Grains:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Brown Rice</li><li><input type="checkbox"/> Quinoa</li><li><input type="checkbox"/> Oats</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	<p>Fruits and Vegetables:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Berries (blueberries, strawberries)</li><li><input type="checkbox"/> Bell peppers</li><li><input type="checkbox"/> Brussel sprouts</li><li><input type="checkbox"/> Kiwifruit</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>
<p>Legumes:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Black beans</li><li><input type="checkbox"/> Garbanzo beans</li><li><input type="checkbox"/> Lentils</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	<p>Nuts and seeds:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Almonds</li><li><input type="checkbox"/> Chia seeds</li><li><input type="checkbox"/> Walnuts</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>
<p>Fatty Fish:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Mackerel</li><li><input type="checkbox"/> Salmon</li><li><input type="checkbox"/> Tuna</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	<p>Healthy Fats:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Avocadoes</li><li><input type="checkbox"/> Canola oil</li><li><input type="checkbox"/> Olive oil</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>

**Lean Proteins:**

- Edamame
- Skinless chicken
- Tofu
- 
- 
- 

**Herbs and Spices:**

- Paprika
- Rosemary
- Turmeric
- 
- 
- 

**Foods to Limit or Avoid:**

**Saturated and Trans Fats:**

- Fatty beef
- Pre-made frozen foods (e.g., frozen pizza or hashbrowns)
- Margarine
- Vegetable oils (e.g., corn or sunflower oils)
- 
- 
- 

**Processed and Fried Foods:**

- Fried chicken
- Snack foods (e.g., crisps or pies)
- Sugary breakfast cereals
- 
- 
- 

**Dairy products:**

- Butter
- Cheese
- Full-fat milk
- 
- 
- 

**Alcohol:**

- Limit alcoholic beverages
- 
- 
-

Refined Carbohydrates:

- Candy
- Plain white bread
- Sugary breakfast cereals
- 
- 
-