Anti-inflammatory

Foods to eat

Foods to avoid

Foods to eat

Meats And Proteins
- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Tempeh
- Edamame
- Grass-fed beef (in moderation)
- Lamb (preferably grass-fed)
- Bison
- Skinless turkey or chicken legs

Fish
- Salmon
- Sardines
- Mackerel
- Trout
- Herring
- Anchovies
- Cod
- Halibut
- Tuna
- Tilapia

Vegetables
- Leafy greens (spinach, kale, Swiss chard, collard greens)
- Cauliflower and Broccoli
- Bell peppers (red, yellow, green)
- Celery
- Beetroot
- Tomatoes
- Carrots
- Brussels sprouts
- Cabbage
- Garlic and Onions
- Sweet potatoes
- Asparagus
- Artichokes and Eggplant
- Zucchini
- Radishes
- Turnips
- Leeks

Herbs And Spices
- Turmeric
- Ginger
- Garlic
- Cinnamon
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

Whole Grains
- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Farro
- Bulgur
- Amaranth
- Whole wheat

Fruits
- Berries (strawberries, blueberries, raspberries, blackberries)
- Cherries
- Oranges
- Pineapple
- Papaya
- Watermelon
- Kiwi
- Apples
- Pears
- Grapes

Nuts And Seeds
- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pecans
- Cashews

Beverages
- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Matcha tea
- Golden milk (turmeric milk)
- Beet juice
- Pineapple juice
- Water infused with cucumber and lemon
- Herbal teas like chamomile or peppermint

Condiments
- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Hummus
- Green pesto
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamari)
- Lemon juice
- Tahini
- Miso paste

Healthy Fats
- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Hemp seeds
- Olives

Fermented Foods
- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Foods to avoid

Processed Foods
- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, cheese puffs)
- Frozen meals (pizza, lasagna, TV dinners)
- Convenience foods (microwave dinners, instant noodles, canned pasta)
- Hot dogs
- Corned beef

Refined Carbohydrates
- White bread
- White rice
- Pasta made with refined flour
- Pastries (croissants, doughnuts, muffins)
- Breakfast cereals high in sugar and refined grains

Sugary Foods And Beverages
- Soda
- Fruit juices with added sugar
- Sweetened iced tea
- Candy bars
- Chocolate with high sugar content

Trans Fats And Unhealthy Fats
- Margarine
- Vegetable shortening
- Deep-fried foods (French fries, fried chicken, onion rings)
- Processed snacks (crackers, cookies, pastries)
- Store-bought pie crusts and dough

Omega-6 Rich Oils
- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Cottonseed oil

Foods High in Refined Sugars
- Pastries
- Breakfast cereals with added sugar
- Sugary snacks (candies, sweetened granola bars)
- Flavored yogurt with added sugars
- Desserts (cakes, pies, cookies)

High-Saturated Fat Foods
- Fatty cuts of meat (ribeye steak, pork belly)
- Processed meats (sausage, bacon)
- Full-fat dairy products (whole milk, cheese)
- Butter
- Palm oil

Dairy Products
- Whole milk
- Cream
- Full-fat yogurt
- Cheese (especially high-fat varieties like cheddar and brie)
- Flavored yogurt with added sugars
- Sweetened condensed milk
- Cream cheese spreads with added flavors
- Full-fat sour cream
- Margarine

High-Sodium Foods
- Processed meats (deli meats, bacon, sausage)
- Canned soups
- Pickles
- Salted nuts and seeds
- Canned vegetables with added salt

High-Glycemic Index Foods
- Instant rice
- Corn flakes
- Cream of wheat
- Breadsticks
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Puffed rice cereal
- Instant mashed potatoes
- Pretzels
- Rice cakes
- Bagels
- White pasta

Nightshade Vegetables
- Tomatillos
- Eggplant
- Bell peppers (red, green, yellow)
- Potatoes (white potatoes)
- Paprika
- Pimentos
- Tomatoes

Excessive Alcohol
- Beer
- Wine
- Spirits (vodka, whiskey, rum)
- Liqueurs
- Cocktails with sugary mixers

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Richard Bailey

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Table of Contents Pro Anti Inflammatory Diet Explained For Beginners

1. Understanding the eBook Pro Anti Inflammatory Diet Explained For Beginners
    - The Rise of Digital Reading Pro Anti Inflammatory Diet Explained For Beginners
    - Advantages of eBooks Over Traditional Books
2. Identifying Pro Anti Inflammatory Diet Explained For Beginners
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Pro Anti Inflammatory Diet Explained For Beginners
    - User-Friendly Interface
4. Exploring eBook Recommendations from Pro Anti Inflammatory Diet Explained For Beginners
    - Personalized Recommendations
    - Pro Anti Inflammatory Diet Explained For Beginners User Reviews and Ratings
    - Pro Anti Inflammatory Diet Explained For Beginners and Bestseller Lists
5. Accessing Pro Anti Inflammatory Diet Explained For Beginners Free and Paid eBooks

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