

## Foods to eat

### Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Tempeh
- Milkshake
- Grass-fed beef (in moderation)
- Seafood (preferably grass-fed)
- Bacon
- Wildfire turkey or chicken legs

### Fish

- Salmon
- Sardines
- Mackerel
- Tuna
- Mackerel
- Anchovies
- Cod
- Mullet
- Tuna
- Tilapia

### Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, green)
- Cauliflower and Broccoli
- Red, yellow, green, orange
- Carrots
- Asparagus
- Artichokes and Eggplant
- Broccoli
- Radishes
- Turnips
- Beets
- Onions
- Garlic
- Shallots
- Leeks

### Herbs And Spices

- Turmeric
- Curcumin
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

### Whole Grains

- Oats
- Brown rice
- Quinoa
- Wild rice
- Millet
- Pearl
- Bulgur
- Amaranth
- Mixed wheat

### Fruits

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

### Nuts And Seeds

- Almonds
- Walnuts
- Peanut butter
- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pistachios
- Cashews

# Anti-inflammatory

### Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Miso hot tea
- Cold brew coffee (unsweetened, unsweetened, unsweetened)
- Beet juice
- Triphala juice
- Water infused with cucumber and lemon
- Matcha tea like chamomile or peppermint

### Condiments

- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Mustard
- Garlic paste
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamari)
- Lemon juice
- Yakima
- Miso paste

### Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Flax seeds
- Omega-3

### Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

### Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, potato puffs)
- Frozen meals (pizza, spaghetti, TV dinners)
- Convenience foods (canned soups, instant noodle, canned pasta)
- Hot dogs
- Canned beef

### Refined Carbohydrates

- White bread
- White rice
- Pasta made with refined wheat
- Processed cereals (sugary cereals, muffins)
- Breakfast cereals high in sugar and refined grains

### Sugary Foods And Beverages

- Soda
- Fruit juices with added sugar
- Sweetened condiments
- 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 meats like hot dogs, sausages, salami
- Some doughnuts, pastries and doughs

### Omega-6 Rich Oils

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Canola seed oil

### Foods High In Refined Sugars

- Pastries
- Breakfast cereals with added sugar
- Sugary snacks (candy, cookies, sweetened granola bars)
- Flavored yogurt with added sugar
- Desserts (cakes, pies, cookies)

### High-Saturated Fat Foods

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

### Dairy Products

- Whole milk
- Cheese
- Full-fat yogurt
- Cheddar (preferably high-fat varieties like cheddar and brie)
- Flavored yogurt with added sugar
- 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
- Crispy rice
- Instant noodle
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Polished rice cereal
- Instant mashed potatoes
- Pretzels
- Blueberries
- Bagels
- White pasta

### Nightshade Vegetables

- Tomatoes
- Eggplant
- Red, green, yellow peppers
- Potatoes (white potatoes)
- Paprika
- Pimentos
- Tomatillos

### Excessive Alcohol

- Beer
- Wine
- Spirits (vodka, whiskey, rum)
- Liquors
- Cocktails with sugary mixers

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# Pro Anti Inflammatory Diet Guide For Experts 38223

**Annelies Wilder-Smith**



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