

## Foods to eat

### Meats And Proteins

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

### Fish

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

### Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, broccoli)
- Cauliflower and Brussels sprouts
- Bell peppers (red, yellow, green)
- Celery
- Broccoli
- Tomatoes
- Carrots
- Brussels sprouts
- Cabbage
- Corn and Chives
- Beet greens
- Asparagus
- Artichokes and Eggplants
- Zucchini
- Radishes
- Fennel
- Leeks

### Herbs And Spices

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

### Whole Grains

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

### Fruits

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

### Nuts And Seeds

- Almonds
- Walnuts
- Peanut butter
- Chia 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
- Pomegranate 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
- Walnut seeds
- Olive

### Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

### Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, frozen pizza)
- Frozen meals (soups, soups, TV dinners)
- Convenience foods (canned soups, instant noodle soups, 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 bakery goods like pastries and doughnuts

### 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 (bacon, steak, pork belly)
- Processed meats (sausage, ham)
- Full-fat dairy products (whole milk, cream)
- Butter
- Palm oil

### Dairy Products

- Whole milk
- Cream
- 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
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Refined rice cereal
- Instant mashed potatoes
- Pasta
- White rice
- Bagels
- White pasta

### Nightshade Vegetables

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

### Excessive Alcohol

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

DISCLAIMER: THIS LIST OF ANTI-INFLAMMATORY FOODS IS FOR INFORMATIONAL PURPOSES ONLY AND SHOULD NOT REPLACE MEDICAL ADVICE. INDIVIDUAL RESPONSES MAY VARY, AND IT IS RECOMMENDED TO CONSULT A HEALTHCARE PROFESSIONAL BEFORE MAKING DIETARY CHANGES.

# What Is Anti Inflammatory Diet Explained For Beginners

**SJ Ball**



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afl logo and symbol meaning history png brand 1000 logos - Feb 14 2022

web may 29 2022 the color palette of the logo is represented by the following colors usafa blue 00529b alizarin crimson e21e31 and white fffffff afl logo png the afl includes 18 teams from five australia s states the design of each afl team logo is unique as each team has its own distinctive features meaning and history the australian

**afl football australian football league teams** - May 20 2022

web each team of the australian football league has a mascot that represents their team spirit besides the eagle and swan there is a tiger hawk lion bulldog cat magpie kangaroo mosquito a demon and a few super heros and this year also a sun resource afl mascots bigfooty forum - Aug 03 2023

web jul 18 2022 hi everyone i ve discovered this site while trying to find afl mascot colouring pages for use at a charity event later this month from my google image search these are exactly what we d like to use but they all now show as 403 forbidden messages