

Anti-Inflammatory vs Inflammatory Foods

Anti-Inflammatory

- Onion and Garlic
- Dark green leafy vegetables
- Dark Chocolate (at least 70% Cocoa)
- Fatty Fish
- Mushrooms
- Turmeric
- Berries
- Avocados



verywellhealth

Inflammatory

- Alcohol
- Processed foods
- Red and processed meat
- Refined Carbs



How To Anti Inflammatory Diet For Creators

Ying-Ying Zheng



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