

15 ANTI-INFLAMMATORY FOODS

TO INCLUDE IN YOUR DIET

FRUITS

APPLES, BANANAS, BERRIES,
MELON, ORANGES, MANGOES,
PEARS, PEACHES



GREEN LEAFY VEGETABLES

SPINACH, KALE, CHARD,
ARUGULA, LETTUCE,
MICROGREENS, MUSTARD
GREENS, COLLARD GREENS,
CABBAGE, SWISS CHARD



NON-LEAFY VEGETABLES

CAULIFLOWER, BROCCOLI,
BRUSSELS SPROUTS



WHOLE GRAINS

WHOLE WHEAT, WHOLE OATS,
BUCKWHEAT, QUINOA, MILLET,
BROWN RICE



HEALTHY FATS

OLIVE OIL, COCONUT OIL,
AVOCADO OIL, FATTY FISH



LEGUMES

GREEN PEAS, LENTIL, PEANUTS,
CHICKPEAS, SOYBEAN, MUNG
BEANS, LIMA BEANS, SWEET PEA



NUTS

ALMONDS, PISTACHIOS,
WALNUTS, HAZELNUTS,
MACADAMIA NUTS



SEEDS

CHIA SEEDS, FLAX SEEDS,
PUMPKIN SEEDS, SUNFLOWER
SEEDS



POULTRY

CHICKEN, TURKEY, DUCK, GEESE,
PHEASANT



SEAFOOD

FRESHWATER FISH, SALTWATER
FISH, SHELLFISH, OCTOPUS,
SHRIMPS, CRABS



EGGS

OMEGA-3 ENRICHED EGGS,
PASTURED EGGS, ORGANIC
EGGS



DAIRY

MILK, BUTTER, CHEESE, YOGURT,
CREAM



HERBS AND SPICES

CURCUMIN, SAGE, MINT,
TARRAGON, BASIL, PARSLEY,
GINGER, ROSEMARY, CHILI
PEPPER, OREGANO, THYME



DARK CHOCOLATE

SHOULD BE AT LEAST 70%
COCOA



BONE BROTH

MADE FROM ANIMAL BONES
LIKE CHICKEN, BEEF, PORK, AND
EVEN FISH BONES



Simple Anti Inflammatory Diet Tips 31364 70028

Siddappa N.Byrareddy



Simple Anti Inflammatory Diet Tips 31364 70028:

Whispering the Secrets of Language: An Mental Quest through **Simple Anti Inflammatory Diet Tips 31364 70028**

In a digitally-driven earth wherever monitors reign supreme and quick connection drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently move unheard. However, set within the pages of **Simple Anti Inflammatory Diet Tips 31364 70028** a interesting fictional prize pulsating with natural thoughts, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the material of every word. Within the psychological depths with this moving evaluation, we shall embark upon a honest exploration of the book is core subjects, dissect their charming writing design, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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