

# 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



# Why Anti Inflammatory Diet Usa For Students 2656

**Yi-Tong Ma**



## **Why Anti Inflammatory Diet Usa For Students 2656:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Why Anti Inflammatory Diet Usa For Students 2656**

In a world inundated with displays and the cacophony of instantaneous conversation, the profound energy and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, situated within the lyrical pages of **Why Anti Inflammatory Diet Usa For Students 2656**, a charming perform of fictional brilliance that pulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus courses readers on a mental odyssey, softly revealing the latent possible and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect their charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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