

# 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



# How To Use Anti Inflammatory Diet Usa For Students

**David Baud**



## **How To Use Anti Inflammatory Diet Usa For Students:**

## **How To Use Anti Inflammatory Diet Usa For Students** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**How To Use Anti Inflammatory Diet Usa For Students**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **How To Use Anti Inflammatory Diet Usa For Students Introduction**

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### **FAQs About How To Use Anti Inflammatory Diet Usa For Students Books**

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## **How To Use Anti Inflammatory Diet Usa For Students :**

Clustering | Introduction, Different Methods and Applications Clustering | Introduction, Different Methods and Applications  
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