

# ANTI-INFLAMMATORY FOOD LIST

BLUEBERRIES  
CHERRIES  
ORANGES  
GRAPEFRUIT  
KIWI  
PINEAPPLE  
APPLES  
PEARS  
GRAPES  
GUAVA  
POMEGRANATE  
MANGO  
APRICOT  
GRAPEFRUIT  
LEMON  
LIME  
RED GRAPES  
RASPBERRIES  
STRAWBERRIES  
PAPAYA  
TART CHERRY  
WATERMELON  
FIGS  
DATES  
CRANBERRIES  
PEACHES

LENTILS  
CHICKPEAS  
BLACK BEANS  
SPLIT PEAS  
SOYBEANS

TOMATOES  
SPINACH  
KALE  
BROCCOLI  
CAULIFLOWER  
RED CABBAGE  
BRUSSELS SPROUTS  
SWEET POTATOES  
CARROTS  
BEETS  
ONIONS  
SWISS CHARD  
ASPARAGUS  
GREEN BEANS  
RED BELL PEPPER  
SQUASH  
ZUCCHINI  
ARUGULA  
AVOCADO  
ARTICHOKE  
SEAWEED  
RADICCHIO  
RADISH  
MUSHROOM  
EGGPLANT  
FENNEL  
BOK CHOY  
OKRA  
TURNIPS  
CUCUMBER

GARLIC  
GINGER  
TURMERIC  
CINNAMON  
ROSEMARY  
THYME  
SAGE  
OREGANO  
BLACK PEPPER  
NUTMEG  
CLOVES  
CUMIN  
BASIL  
DILL  
CINNAMON  
PARSLEY  
PEPPER  
SAFFRON

DARK CHOCOLATE  
COCOA  
COFFEE  
GREEN TEA  
TURMERIC TEA  
CHAMOMILE TEA

OLIVES  
EXTRA VIRGIN  
OLIVE OIL  
AVOCADO OIL

WALNUTS  
ALMONDS  
CASHEWS  
PISTACHIOS  
CHIA SEEDS  
FLAXSEEDS  
PUMPKIN SEEDS  
BRAZIL NUTS  
HAZELNUTS  
MACADAMIA NUTS  
PECANS  
SUNFLOWER SEEDS  
SESAME SEEDS

BROWN RICE  
BARLEY  
FARRO  
MILLET  
OATMEAL  
QUINOA  
WHOLE WHEAT  
BUCKWHEAT

SALMON  
TUNA  
SARDINES  
HERRING  
COD  
TROUT  
SHRIMP  
MACKEREL

\*this is not an all inclusive list of anti-inflammatory foods

# Best Anti Inflammatory Diet Full Tutorial 17834

**J Elliott**



## **Best Anti Inflammatory Diet Full Tutorial 17834:**

## Adopting the Song of Term: An Mental Symphony within **Best Anti Inflammatory Diet Full Tutorial 17834**

In a world consumed by screens and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony developed by the written term usually fade in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Best Anti Inflammatory Diet Full Tutorial 17834** a charming literary treasure filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that fascinating masterpiece conducts readers on a mental journey, skillfully unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths with this emotional assessment, we shall examine the book is main harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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