

# 25 Foods That Fight Inflammation

Leafy vegetables such as spinach and Swiss chard

Okra

Eggplant

Cruciferous vegetables such as broccoli, cabbage, cauliflower and Brussels sprouts

Garlic

Onions, scallions and leeks

Bananas

Oranges

Blueberries

Beans and peas

Salmon, tuna, herring, trout, mackerel and other wild-caught fish

Turkey breast

Chicken

Grass-fed beef

Eggs

Extra-virgin olive oil

Kefir

Avocados

Pistachios, peanuts, walnuts and other nuts

Seeds such as pumpkin, squash, sunflower, sesame, chia and flax

Whole grains like brown rice, barley and oatmeal

Spices like ginger, turmeric, cayenne, cloves and nutmegs

Herbs including rosemary

Dark chocolate

Green tea



# Best Anti Inflammatory Diet For Creators For Experts 5614

**Wenbin Ji**



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