



# THE COMPLETE GUIDE TO **CHRONIC** **INFLAMMATION**

FOOD CHECKLIST

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Some foods are better than others at helping to reduce inflammation. On the other hand, other foods and ways of preparing them contribute to inflammation. Keep this handy checklist of foods to eat or avoid on your refrigerator or pantry door to remind you of the healthy foods you want to eat.

## Anti-Inflammatory Foods: Eat More of These

### ✓ **Berries**

- Blueberries
- Blackberries
- Strawberries

### ✓ **Fatty Fishes**

- Salmon
- Sardines
- Herring
- Mackerel
- Anchovies

### ✓ **Cruciferous Vegetables**

- Broccoli
- Cauliflower
- Brussel sprouts
- Kale
- Green cabbage

### ✓ **Avocados**

### ✓ **Green tea**

### ✓ **Peppers**

### ✓ **Grapes**

### ✓ **Tomatoes**

### ✓ **Nuts**

- Almonds
- Hazelnuts
- Pecans
- Peanuts

### ✓ **Extra Virgin Olive Oil**

### ✓ **Whole grains**

### ✓ **Herbs and spices**

- Turmeric
- White willow bark
- Maritime pine bark
- Chili peppers
- Frankincense
- Black pepper
- Rosemary
- Cloves
- Ginger
- Cinnamon

In general, a healthy diet that consists of vegetables and dark leafy greens, fruits, whole grains, fish, healthy fats, and nuts is beneficial for reducing inflammation.



## Foods to Avoid

### ☒ Refined Carbohydrates

- White Bread
- Pastries

### ☒ Fried Foods

### ☒ Sweetened Beverages

- Soda Water
- Sweetened Teas
- Fruit Juice & Fruit Drinks

### ☒ Red Meat

- Beef
- Pork
- Mutton
- Boar
- Venison

### ☒ Processed Meats

- Hot Dogs
- Sausage
- Pepperoni

### ☒ Margarine, Shortening, and Lard

### ☒ Highly Processed Foods

- Boxed Cereals
- Boxed Main Dishes or Sides
- Many Frozen Pre-Prepared Meats and Meals
- Frozen Casseroles
- Frozen Pizza

### ☒ Sweeteners

- Sugar
- High Fructose Corn Syrup
- Artificial Sweeteners

### ☒ Trans Fats – The nutrition label will tell you if any of the fats in a food are trans fats.