

Anti-inflammatory foods



ORGANIC HEALTH
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Anti-inflammatory foods:

Almonds

Avocado

Beans of all types

Blackberries

Blueberries

Bok Choy

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Cherries

Cinnamon

Coconut

Dark chocolate

Dark red grapes

Extra virgin olive oil

Fish rich in omega fatty acids

Garlic

Ginger



Green tea

Kale

Leeks

Lentils

Mushrooms

Mustard greens

Olives

Onions

Pine nuts

Pistachios

Red wine in moderation

Scallions

Spices

Tomatoes

Turmeric

Walnuts

Inflammatory foods:

Refined carbohydrates- white-flour-based foods like white bread, pastries and pasta

Refined foods- highly processed foods

Refined sugar- sugar, sucrose, glucose and high-fructose corn syrup

Unhealthy fat- saturated and trans fats

Fried foods- French fries

Soda, energy drinks and other sugar sweetened beverages

Lard, margarine, and shortening

Processed meat – hot dogs, sausage

Red meat- keep to a minimum





The root cause of most diseases is chronic inflammation. According to the CDC, chronic inflammation is the leading cause of death and disability. We can calm down our inflammation by eating whole foods, adding in more fruits and vegetables including anti-inflammatory foods.

If you suffer from a chronic disease, looking for an accountability partner, or ready to make preventive changes, [contact me for a free consultation today.](#)

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References

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>