

# Foods That Fight Inflammation

## Omega-3 Fats

- Cold water fish: salmon, tuna, sardine, mackerel, herring, trout
- Chia seeds, ground flaxseed/flaxseed oil
- Walnuts
- Omega-3 eggs



## Antioxidant-Rich Foods

- Berries, citrus fruits, cherries, grapes
- Dark leafy greens (spinach, romaine, kale)
- Bell peppers, carrots, broccoli, tomatoes, avocados
- Onions and garlic
- Black and green teas
- Extra virgin olive oil



## Foods High in Fiber

- Legumes (beans), nuts, seeds
- Fruits and vegetables
  - Whole grains
  - Aim for 25-30 grams of fiber/day

## Spices

- Turmeric
- Garlic
- Ginger
- Cinnamon, Clove, Nutmeg
- Oregano
- Rosemary
- Cayenne
- Black Pepper

## Avoid...

- **Processed foods:** chips, cookies, crackers, hot dogs, sausages, frozen entrees
- **Trans-fats (*partially hydrogenated oil*):** pre-made baked goods, shortening, fried foods, packaged snacks, some stick margarines
- **Simple carbohydrates (NO FIBER):** white breads, bagels, English muffins, instant white rice, sugary cereals
- **Added sugars:** soda, fruit drinks, donuts/pastries
- **Large portions of animal based proteins**