

Eating for a Healthier You: Inflammation

eat this

not that



Avocado, berries
(blueberries, strawberries,
raspberries, blackberries),
cherries, grapes, oranges

fruits

Canned fruit packed in syrup, dried
or frozen fruit with added sugar



Broccoli, leafy greens (kale, spinach,
collard, mustard), mushrooms,
onions, peppers, tomatoes

veggies

Canned vegetables packed in salted
water (rinse in a colander to remove
excess salt), deep fried vegetables
(french fries, chips), frozen
vegetables packed in heavy sauces



Brown rice, oatmeal, whole grains
(bulgur, quinoa), 100% whole wheat
products (whole wheat bread)

grains

Baked goods (biscuits, cake,
cookies, doughnuts, pastries),
refined white flour products
(bread, rolls, pasta, crackers,
pretzels), white rice



Beans, fatty fish (salmon, tuna,
mackerel, herring, sardines), lean
white meat (chicken, turkey),
legumes, nuts

proteins

Fried meats, processed meats
(bacon, bologna, hot dogs,
salami, sausage), red meat



Probiotic-rich dairy products
(plain or low-sugar yogurts, kefir)

dairy

High-sugar dairy products (custard,
ice cream, some yogurts)



Coffee, green tea,
kombucha, water

beverages

Excess alcohol, sugary beverages
(energy drinks, lemonade,
soda, sports drink, sweet tea)



Olive oil, spices (cinnamon,
garlic, ginger, turmeric)

others

Processed and packaged foods,
vegetable and seed oils (corn,
safflower, soybean, sunflower)



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