

Anti-Inflammatory Diet Food Lists

Instructions: Below, you'll find a list of foods suitable for an anti-inflammatory diet and those that should be avoided. Feel free to include additional items as needed

Whole Grains: ☐ Brown Rice ☐ Quinoa ☐ Oats ☐ ☐ ☐	Fruits and Vegetables: ☐ Berries (blueberries, strawberries) ☐ Bell peppers ☐ Brussel sprouts ☐ Kiwifruit ☐ ☐ ☐
Legumes: ☐ Black beans ☐ Garbanzo beans ☐ Lentils ☐ ☐ ☐	Nuts and seeds: ☐ Almonds ☐ Chia seeds ☐ Walnuts ☐ ☐ ☐
Fatty Fish: ☐ Mackerel ☐ Salmon ☐ Tuna ☐ ☐ ☐	Healthy Fats: ☐ Avocadoes ☐ Canola oil ☐ Olive oil ☐ ☐ ☐

Lean Proteins:

- ☐ Edamame
- ☐ Skinless chicken
- ☐ Tofu
- ☐
- ☐
- ☐

Herbs and Spices:

- ☐ Paprika
- ☐ Rosemary
- ☐ Turmeric
- ☐
- ☐
- ☐

Foods to Limit or Avoid:

Saturated and Trans Fats:

- ☐ Fatty beef
- ☐ Pre-made frozen foods (e.g., frozen pizza or hashbrowns)
- ☐ Margarine
- ☐ Vegetable oils (e.g., corn or sunflower oils)
- ☐
- ☐
- ☐

Processed and Fried Foods:

- ☐ Fried chicken
- ☐ Snack foods (e.g., crisps or pies)
- ☐ Sugary breakfast cereals
- ☐
- ☐
- ☐

Dairy products:

- ☐ Butter
- ☐ Cheese
- ☐ Full-fat milk
- ☐
- ☐
- ☐

Alcohol:

- ☐ Limit alcoholic beverages
- ☐
- ☐
- ☐
- ☐
- ☐

Refined Carbohydrates:

- ☐ Candy
- ☐ Plain white bread
- ☐ Sugary breakfast cereals
- ☐
- ☐
- ☐