

ANTI-INFLAMMATORY FOOD LISTS PRINTABLE PDF

VEGETABLES	GRAINS	FRUITS	PROTEINS	MISCELLANEOUS	
artichokes	barley, hulled	apples	beef	almonds, organic only	fenugreek
asparagus	brown rice	bananas, medium ripe	buffalo	apple cider vinegar	hazelnuts
bamboo shoots	buckwheat	blackberries	chicken	arrowroot	honey, light colored
beans, most varieties	corn, white or blue, for some	blueberries	collagen	asparagus tea	hummus
carrots, white	hominy, white	cranberries	game, wild	avocado oil, refined	maple syrup
celery	masa, white	dates	gelatin	baking soda	macadamia nuts
celery root	oats	figs, black	lamb, fat rendered or removed	beans	nut/seed butter
cucumber (peeled)	pasta made by Jovial or similar, (especially their brown rice pasta)	grapes	rabbit	Brazil nuts	olive oil
dill	quinoa, for some	lemons, limes	turkey	buckwheat	pecans
ginger root	rice	pomegranate	----	butter (& ghee)	psyllium husk
green beans	sourdough bread	raisins	eggs or egg whites, in small amounts, for some	carob	rice vinegar
green lettuces	spelt and einkorn if tolerated	raspberries		chestnuts	walnuts
mint		strawberries		coconut aminos	tapioca (and flour)
mushrooms (cooked, not shiitake)		white peaches		coconut oil, refined	tamarind
parsnips				coconut sugar	tea (but limit caffeine)
rosemary				cumin	
zucchini, (peeled)				dandelion root tea	