

Anti-Inflammatory

FOODS LIST PRINTABLE PDF

Veggies

artichokes
asparagus
bamboo shoots
beans, most varieties
carrots, white
celery
celery root
cucumber (peeled)
dill
ginger root
green beans
green lettuces
mint
mushrooms (cooked,
not shiitake)
parsnips
rosemary
zucchini, (peeled)

Grains

barley, hulled
brown rice
corn, white or blue, for some
hominy, white
masa, white
oats
pasta made by Jovial or
similar, (especially their
brown rice pasta)
quinoa, for some
rice
sourdough bread
spelt and einkorn if tolerated

Fruits

apples
bananas, medium ripe
blackberries
blueberries
cranberries
dates
figs, black
grapes
lemons, limes
pomegranate
raisins
raspberries
strawberries
white peaches

Proteins

beef
buffalo
chicken
game, wild
gelatin
lamb
rabbit
turkey

eggs or egg
whites, in
small
amounts, for
some

Miscellaneous

almonds, organic only
apple cider vinegar
arrowroot
asparagus tea
avocado oil, refined
baking soda
Brazil nuts
carob
chestnuts
coconut aminos
coconut oil, refined
coconut sugar
cumin
dandelion root tea
fenugreek
hazelnuts
honey, light colored
hummus
maple syrup
macadamia nuts
nut/seed butter
olive oil
pecans
psyllium husk
rice vinegar
walnuts
tapioca (and flour)
tamarind
tea (but limit caffeine)