Anti-Inflammatory Foods

Fruits
- Papaya
- Blueberries
- Cherries
- Apples
- Kiwi
- Lemon
- Strawberries
- Raspberries
- Pineapple
- Goji berries
- Cranberries
- Oranges
- Rhubarb
- Limes
- Guavas
- Mulberries
- Avocados

Fish
- Cod
- Tuna
- Herring
- Trout
- Salmon
- Striped Bass
- Sardines
- Snapper Fish
- Oysters
- White Fish

Herbs & Spices
- Cinnamon
- Basil
- Cloves
- Mint
- Parsley
- Oregano
- Cocoa
- Rosemary
- Turmeric
- Thyme
- Chili Pepper
- Licorice

Vegetables
- Ginger
- Cruciferous veggies
- Salads
- Green Beans
- Kale
- Olives
- Spring Onions
- Leeks
- Spinach
- Sweet Potatoes
- Chards
- Bell Peppers
- Bok Choy
- Fennel Bulb
- Mushrooms

Drinks
- Green Tea
- WATER!!!

Oils
- Olive Oil
- Avocado Oil

Seeds & Nuts
- Walnuts
- Almond
- Linseed
- Sunflower seeds
- Hazelnuts