

FOOD AND INFLAMMATION

GOOD & BAD OPTIONS



Anti-Inflammatory Foods:

- **Fruits** Especially berries
- **Vegetables**
Especially green leafy veggies
- **Whole grains**
- **Extra virgin olive oil**
- **Nuts** - walnuts
- **Red wine** - in moderation
- **Dark chocolate**
With 70% cocoa or more
- **Cheese**
- **Yogurt**
- **Kimchi**
- **Tempeh**
- **Sauerkraut**
- **Fish**
- **Eggs**
- **White meat poultry**
- **Soy**
- **Beans**
- **Curcumin**
- **Garlic**
- **Ginger**
- **Cardamom**
- **Cayenne pepper**
- **Green tea**

Inflammatory Foods:

- Fried food
- Processed meats
- Butter
- Stick margarine
- "Vegetable" oil
- Pastries
- Doughnuts
- Refined grains (white bread)
- Candy
- Cake
- Fruit punch
- Soda

THE FOOD &
& MOOD JOURNEY

