

# ANTI-INFLAMMATORY FOOD GUIDE

*Did you know inflammation is normal, however chronic, long-term inflammation can wreak havoc on your health?*

Check out these 10 anti-inflammatory foods to include into your day.

**Leafy green vegetables:** kale, collard greens, Brussels sprouts, cauliflower and cabbage

**Nuts:** walnuts, pistachios, almonds and pecans

**Seeds:** hemp, chia, flax

**Fatty Fish:** salmon, halibut, tuna, pollock and sardines

**Fruits:** avocado, blueberries, raspberries, blackberries, strawberries, apples and citrus

**Dark chocolate** or unsweetened cacao

**Herbs and spices:** turmeric, garlic, ginger, oregano, basil, rosemary, black pepper

**Fermented foods:** apple cider vinegar, kimchi, sauerkraut, yogurt and kefir

**Green tea:** white, green, oolong and black tea

**Plant oils:** extra virgin olive oil, grape seed oil, avocado oil, walnut oil and almond oil