

# ANTI-INFLAMMATORY FOODS LIST : & OTHER ANTI-INFLAMMATORY AGENTS TO CONSIDER



## FOODS

1. Almonds
2. Apples
3. Avocados
4. Broccoli
5. Berries:blueberries
6. Carrots
7. Dry beans
8. Kale
9. Oranges
10. Olive oil
11. Dark leafy greens: kale, spinach, collard greens, Swiss chard
12. Nuts
13. Fatty Omega-3 rich fish (salmon, tuna, mackerel, Alaskan salmon, krill oil, +)
14. Tomatoes
15. Yogurt: low or no sugar
16. Shiitake mushrooms
17. Fermented: kefir, natto, kimchee, miso, tempeh, pickles, sauerkraut, olives

+Pregnant women should be careful not to consume too much fish because it is high in mercury.

## SPICES

1. Turmeric/curcumin
2. Rosemary
3. Cloves
4. Cinnamon
5. Apple pie spice mixture
6. Oregano
7. Pumpkin pie spice mixture
8. Marjoram
9. Sage
10. Thyme
11. Ginger
12. Curry
13. Boswellia serrata
14. Lemongrass essential oil
15. Frankincense essential oil
16. Matcha Tea: green tea from Japan
17. Tulsi Tea

*Every time you flavor your meals with herbs or spices you are literally "upgrading" your food without adding a single calorie.*

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We've been introduced to inflammation from various tolls on the body, and one thing is for certain, we are helping spread inflammation by the mere foods we consume. Diet, exercise and medication can help reduce and control inflammation of course, but we can make a few simple changes to aid our health...**reduce inflammatory causing foods and actions and increase anti-inflammatory foods and steps through our nutritional and health choices.** *WebMD cautions that seeing changes in inflammation through diet instead of medication often takes a long time.*

## Paths to Reduce Inflammation in the Body

- Reduce smoking
- Reduce excessive drinking
- Reduce excessive sugar consumption
- Eliminate processed foods: A diet high in omega-6 fatty acids, found in processed and fast foods, ( likewise, low in omega-3 fatty acids)
- Control stress
- Correct poor sleep habits
- Implement good exercise habits
- Take prescribed medications as directed

For more information on exercise programs, wellness, and nutrition options visit [fullarmorfitness.com](http://fullarmorfitness.com)