

# Quick Guide to an Anti-inflammatory Diet

Most Anti- Inflammatory

May be eaten  
frequently  
and freely

Berries  
Citrus fruits  
Flax  
Fish and shellfish  
Leafy greens & colorful  
vegetables  
Chili peppers  
Garlic  
Ginger  
Curry  
Turmeric

May be eaten  
Regularly in  
moderate  
quantities

Whole grains  
Beans and legumes  
Whole fruit  
Whole grain cereals and breads  
Poultry and eggs  
Low-fat dairy  
Lean pork and beef  
Nuts and seeds  
Avocado  
Olive oil

Eat only  
occasionally  
and in limited  
quantities

Sweets, desserts, candy  
Fried foods  
Liver and other organ meats  
Fruit juice  
Refined grains (white flour)  
Cream  
Butter, lard (avoid shortening)  
Cheese  
Corn and white potatoes  
Lamb and veal

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