

75 Anti-Inflammatory Foods: Free Grocery list

Save this list of ant-inflammatory foods for your next visit to the grocery store. Inflammation typically occurs as a defense mechanism when our bodies are damaged. Instead of taking ant-inflammatory drugs (NSAIDs), anti-inflammatory foods reduce pain relief and support healing of the body.



☐ Blueberries

☐ Almonds

☐ Dark Chocolate

☐ Raw Oats

☐ Green Tea

☐ Ginger

☐ Wild Salmon

☐ Raw Honey

☐ Miso Soup

☐ Coconut Oil

☐ Bone Broth

☐ Rose Mary

☐ Herrings

☐ Canned Light White Tuna

☐ Wild Sardines

☐ Flax Seed

☐ Hemp Seed

☐ Walnuts

☐ Hazelnuts

☐ Low sugar yogurt

☐ Kamut (Khorasan wheat)

☐ Oysters

☐ Garlic

☐ Brown Rice

☐ Quinoa

☐ Amaranth

☐ Pineapple

☐ Spinach

☐ Chia Seeds

☐ Tomatoes

☐ Extra Virgin Olive Oil

☐ Black Beans

☐ Turmeric	☐ Beets
☐ Red Peppers	☐ Asparagus
☐ Bok Choy	☐ Brussels sprouts
☐ Cabbage	☐ Carrots
☐ Celery	☐ Cauliflower
☐ Collard Greens	☐ Cucumber
☐ Chicory	☐ Kale
☐ Green Beans	☐ Mushrooms
☐ Sweet Potato	☐ Zucchini
☐ Summer Squash	☐ Romaine Lettuce
☐ Peas	☐ Mustard Greens
☐ Avocados	☐ Black Berries
☐ Cherries	☐ Kiwi
☐ Lemons	☐ Limes
☐ Pumpkin Seeds	☐ Macadamia Nuts
☐ Cashews	☐ Brazil Nuts
☐ Apple Cider Vinegar	☐ Sea Salt
☐ Lentils	☐ Stevia
☐ Papaya	☐ Pears
☐ Plums	☐ Anchovies
☐ Eggs	☐ Garlic
☐ Broccoli	