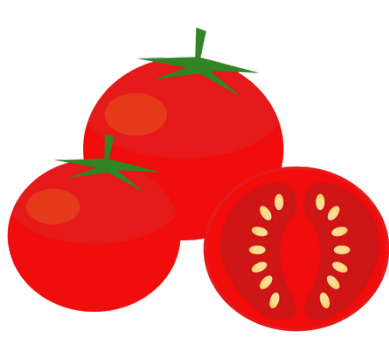


ANTI-INFLAMMATORY FOODS

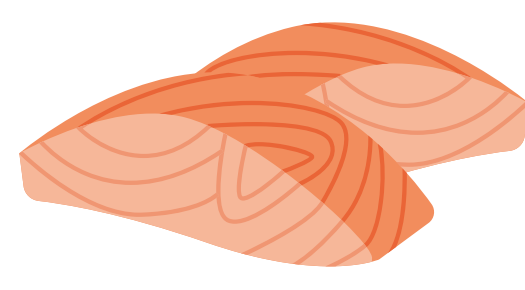
Below are the best foods for fighting inflammation



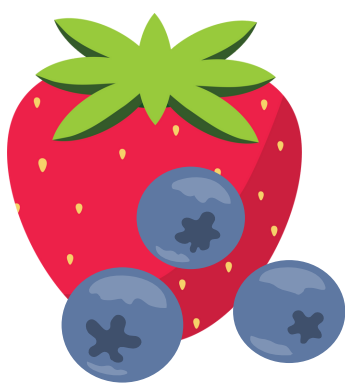
tomatoes



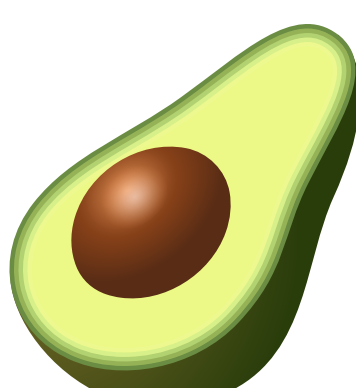
nuts



fatty fish



berries



avocado



cruciferous veggies



green tea



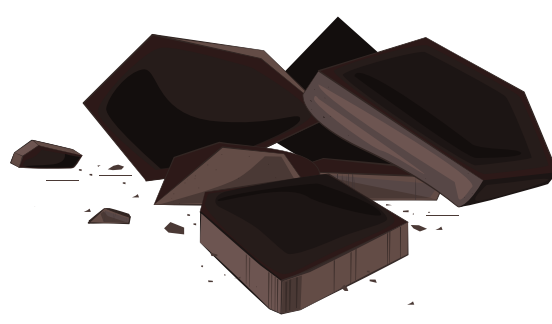
citrus



red grapes



extra virgin olive oil



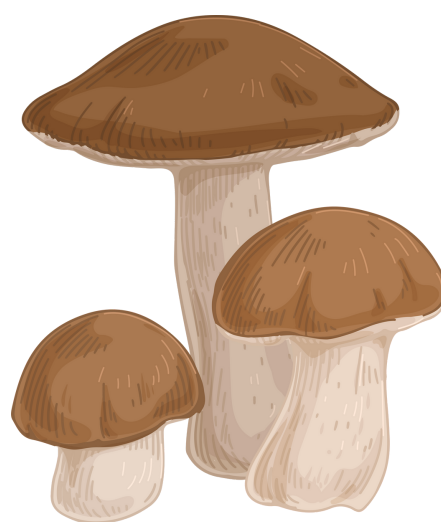
dark chocolate



turmeric



peppers



mushrooms



pineapple



ginger

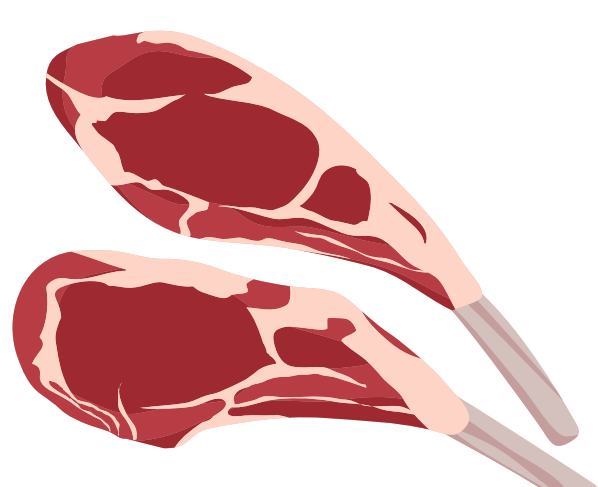


chia and flax seeds

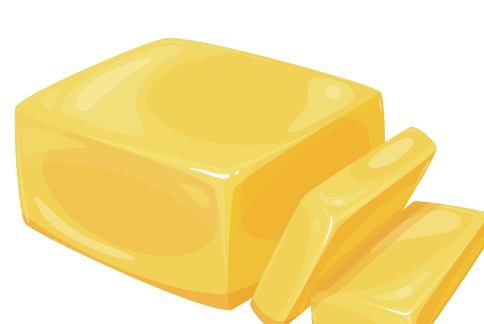


coconut oil

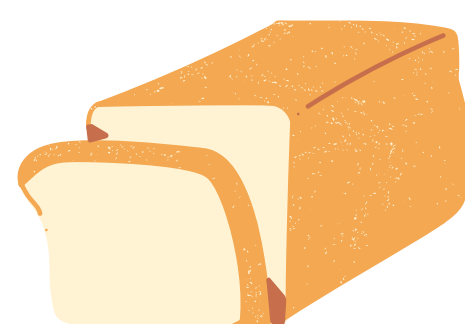
PRO-INFLAMMATORY FOODS



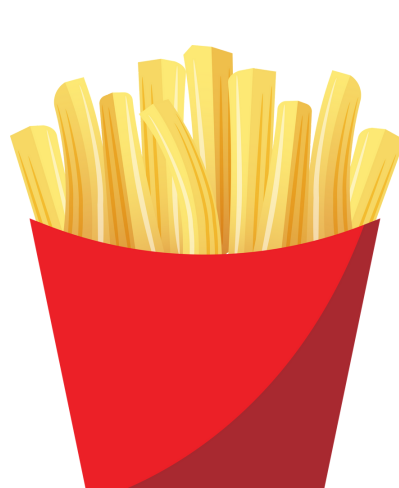
red meat



trans fat



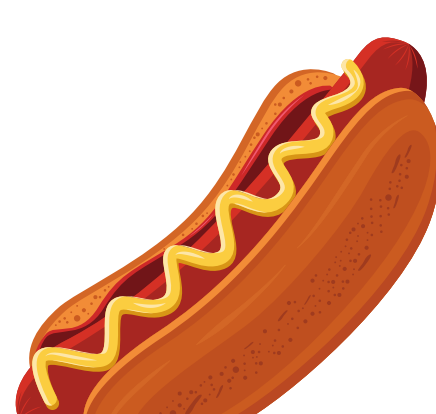
refined grains



french fries



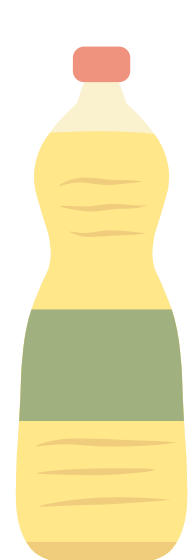
artificial sweeteners



processed meats



added sugar



vegetable oils



dairy



excess salt



excess alcohol



processed snacks