

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.



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| ☐ 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	