

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

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