

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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| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Raw Oats | <input type="checkbox"/> Dark Chocolate |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Wild Salmon | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Miso Soup | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Bone Broth | <input type="checkbox"/> Rose Mary |
| <input type="checkbox"/> Canned Light White Tuna | <input type="checkbox"/> Wild Sardines |
| <input type="checkbox"/> Herrings | <input type="checkbox"/> Anchovies |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Hazelnuts |
| <input type="checkbox"/> Low sugar yogurt | <input type="checkbox"/> Kamut (Khorasan wheat) |
| <input type="checkbox"/> Oysters | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Chia Seeds |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Extra Virgin Olive Oil |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Turmeric |

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| <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"/> Cauliflower | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Kale | <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"/> Cashews | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Macadamia Nuts | <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 | |