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-inflamatory drugs (NSAIDs), anti-inflammatory foods reduce pain relief and support healing of the body.



- [ ] Blueberries
- [ ] Dark Chocolate
- [ ] Green Tea
- [ ] Wild Salmon
- [ ] Miso Soup
- [ ] Bone Broth
- [ ] Herrings
- [ ] Wild Sardines
- [ ] Hemp Seed
- [ ] Hazelnuts
- [ ] Kamut (Khorasan wheat)
- [ ] Garlic
- [ ] Quinoa
- [ ] Pineapple
- [ ] Chia Seeds
- [ ] Extra Virgin Olive Oil
- [ ] Almonds
- [ ] Raw Oats
- [ ] Ginger
- [ ] Raw Honey
- [ ] Coconut Oil
- [ ] Rose Mary
- [ ] Canned Light White Tuna
- [ ] Flax Seed
- [ ] Walnuts
- [ ] Low sugar yogurt
- [ ] Oysters
- [ ] Brown Rice
- [ ] Amaranth
- [ ] Spinach
- [ ] Tomatoes
- [ ] 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

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