

# 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"/> Dark Chocolate         | <input type="checkbox"/> Raw Oats                |
| <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"/> Herrings               | <input type="checkbox"/> Canned Light White Tuna |
| <input type="checkbox"/> Wild Sardines          | <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"/> Garlic                 | <input type="checkbox"/> Brown Rice              |
| <input type="checkbox"/> Quinoa                 | <input type="checkbox"/> Amaranth                |
| <input type="checkbox"/> Pineapple              | <input type="checkbox"/> Spinach                 |
| <input type="checkbox"/> Chia Seeds             | <input type="checkbox"/> Tomatoes                |
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Black Beans             |

<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	