

75 Anti-Inflammatory Foods: Free Grocery list

Save this list of anti-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 anti-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 | |