

Anti-Inflammatory Foods



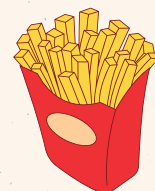
- Cold-water fish (salmon, tuna)
- Fish-oil supplements
- Flax oil, flaxseeds (ground)
- Olive oil
- Nuts
- Spices (turmeric, curry, ginger, cinnamon)
- Sweet potatoes
- Chili peppers
- Lentils
- Onions
- Green Tea
- Game meats
- Vegetables
- Garlic
- Lemon and lime juices
- Fruits (blueberries, pomegranates, papaya, apricots, cherries, pink grapefruit, grapes)



Pro-Inflammatory Foods



- Animal Fats (feedlot animals)
- Sunflower oil
- Corn oil
- Safflower oil
- Soybean oil
- French fries
- Fried foods
- Most salad dressings
- Most fast-food meals
- Hydrogenated oils
- Sweetened beverages
- Most margarines
- Most shortenings
- High fructose corn syrup



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