

YES FOODS: EAT MORE - ANTI-INFLAMMATORY -

Choose organic and/or local when possible.

1. Leafy Greens (Kale, Swiss Chard, Collard Greens etc.)
2. Cruciferous Vegetables (Broccoli, Cauliflower, Kale, Cabbage)
3. Beets
4. Carrots
5. Squash

6. Greens (romaine, arugula, baby spinach)
7. Cucumber
8. Zucchini
9. Pumpkin
10. Sea vegetables like Dulse, Kelp and Nori

11. Onions
12. Almonds
13. Walnuts
14. Pumpkin Seeds
15. Hemp Seeds

16. Chia Seeds
17. Flax Seeds
18. Blueberries (wild)
19. Avocado
20. Lemon

21. Fatty Cold Water Fish like Sardines and Wild Salmon
22. Grassfed Beef
23. Pastured Chicken
24. Apples
25. Pears

26. Virgin Cold Pressed Coconut Oil
27. Extra Virgin Olive Oil
28. Garlic
29. Green Tea
30. Rooibos Tea

5 Oh So Good For You Spices!

1. Turmeric
2. Ginger
3. Cinnamon
4. Cumin
5. Clove

Eat.Live.Cool. 

ANTI-INFLAMMATORY RECIPES + LIVING

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