

# YES - Anti-Inflammatory Foods

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

Choose organic and/or local whenever possible.

