



≡ ON THE FLY

INFLAMMATORY FOODS

Anti-inflammatory Foods

Almonds
Avocado
Beets
Black Cherries
Blackberries
Blueberries
Broccoli
Celery Seeds
Cilantro
Coffee (1-2/day)
Curry
Extra virgin olive oil
Fatty fish and fish oil
Fiber
Flax seeds and oil
Garlic
Ginger
Green leafy veggies
Green Tea
Hazelnuts
Kale
Lemon water
Mustard seeds
Olives
Onions and Scallions
Papaya
Pineapple
Parsley
Red Wine (1-2/day)
Turmeric
Walnuts

Pro-inflammatory Foods

Alcohol (excessive)
Artificial colors
Artificial sweeteners
Aspartame
Coffee (excessive)
Conventionally raised dairy
Conventionally raised meat
Corn Syrup
Diet Soda
Fast food
GMO foods
High Fructose Corn Syrup
Hydrogenated oils
Junk food
Nitrites (processed meats)
Partially hydrogenated oil
Preservatives
Processed Food
Shortening
Soda
Sucralose
Tobacco products
Trans Fats
White flour
White sugar