



F3

ON THE FLY

INFLAMMATORY FOODS

ANTI-INFLAMMATORY FOODS

- Almonds
- Avocado
- All berries
- Beets
- Black cherries
- 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
- Leafy greens
- 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
- Wheat
- White flour
- White sugar