

Anti-Inflammatory Foods List

Fruits

- apples
- blackberries
- blueberries
- cherries
- cranberries
- grapes
- kiwis
- oranges
- pomegranate
- raspberries
- strawberries

Seafood

- anchovies
- halibut
- herring
- mussels
- oysters
- salmon
- sardines
- swordfish
- trout
- tuna (albacore)

Oils

- extra virgin olive oil
- avocado oil

Vegetables

- asparagus
- avocado
- beets
- broccoli
- brussels sprouts
- carrots
- cauliflower
- corn
- cucumber
- kale
- lettuce
- mushrooms
- onion
- peas
- peppers
- potatoes (any type)
- spinach
- squash
- tomato

Beans & Legumes

- black beans
- chickpeas
- kidney beans
- lentils
- pinto beans
- red beans

Nuts, Seeds

- almonds
- brazil nuts
- cashews
- chia seeds
- flaxseeds
- hemp hearts
- peanuts
- pecans
- pumpkin seeds
- walnuts

Spices, Misc.

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- bone broth
- cayenne pepper
- cinnamon coffee
- dark chocolate
- garlic
- ginger green tea
- matcha
- red wine (in moderation)
- turmeric
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VICIOUS
NUTRITION

Email Devon for further info devon@viciousnj.com