

Providence Holistic Health's Top Anti-Inflammatory Foods List

Fruits

Apples
Bananas
Blueberries
Blackberries
Cherries
Clementines
Cranberries
Grapes
Kiwi
Lemons
Limes
Mango
Oranges
Pears
Pineapples
Pomegranate
Strawberries
Watermelon

Vegetables

Asparagus
Artichoke
Arugula
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Eggplant
Fennel
Garlic
Green Beans
Kale
Leeks
Lettuce
Mushrooms
Radish
Shallots
Spinach
Sweet Potato
Watercress
Yellow Squash
Zucchini

Spices

Allspice
Basil
Bay Leaf
Black Pepper
Caraway
Cardamon
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry
Dill
Fennel
Garlic
Marjoram
Mint
Nutmeg
Oregano
Paprika
Parsley
Pepper
Rosemary
Sage
Salt
Tarragon
Thyme
Turmeric
Vanilla

Proteins

Anchovies
Bluefin Tuna
Clams
Crab
Edamame
Egg
Flounder
Grouper
Herring
Lobster
Mackerel
Organic Poultry
Organic Soy
Salmon
Sardines
Shrimp
Tempeh
Tofu
Trout

Fats

Avocado
Avocado Oil
Coconut Oil
Flaxseed Oil
Olive Oil

Teas

Chamomile Tea
Dandelion Tea
Green Tea
Mint Tea

Legumes

Black Beans
Cannellini Beans
Garbanzo Beans
Kidney Beans
Lentils
Mung Beans
Pinto Beans

Nuts and Seeds

Almonds
Chia Seeds
Flaxseeds
Hemp Seeds
Coconuts
Pecans
Pumpkin Seeds
Sunflower Seeds
Walnuts

Grains

Buckwheat
Gluten Free Oats
Brown Rice
Quinoa

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