

ANTI-INFLAMMATORY Foods list



<i>Fruits</i>	<i>Proteins</i>	<i>Veggies</i>
apples	collagen	zucchini. (peeled)
blueberries		rosemary
figs. black	lamb	mint
bananas. medium ripe		green lettuces
raspberries	buffalo	parsnips
pomegranate	beef	green beans
white peaches		ginger root
blackberries	game. wild	dill
cranberries	rabbit	mushrooms (cooked, not shiitake)
raisins		cucumber (peeled)
grapes	turkey	celery root
strawberries	gelatin	celery
lemons. limes	chicken	carrots. white
dates		beans. most varieties
		bamboo shoots
		asparagus
		artichokes
<i>Grains</i>		
barley. hulled	rice	hominy. white
	sourdough bread	masa. white
brown rice	spelt and einkorn if tolerated	
buckwheat	corn. white or blue. for some	pasta made by Jovial or similar