

Use this list as a quick guide on which foods to add and which foods to avoid to help tame inflammation in your body. Switching from a diet of processed foods to whole fresh foods is the best way to achieve optimal health and aid in strengthening the immune system as well as calming inflammation.

### Foods To Consider Including

- ✓ Fresh or frozen vegetables and fruit (berries, cherries have good anti-inflammatory properties)
- ✓ Leafy greens such as dandelion, spinach, kale
- ✓ Pastured chicken and eggs
- ✓ Grass fed beef and pork
- ✓ Wild caught fish
- ✓ Nuts (almonds are good source)
- ✓ Seeds such as chia, hemp, flax
- ✓ Variety of milks such as rice, almond, hemp, flax
- ✓ Oils such as olive, avocado, grapeseed, coconut
- ✓ Garlic, ginger, turmeric
- ✓ Probiotic foods/supplements such as kefir, fermented vegetables, low sugar yogurt or probiotic supplement

### Foods To Consider Avoiding

- ✓ Sugar
- ✓ Processed Foods
- ✓ Chemicals
- ✓ Gluten
- ✓ Grains
- ✓ Soy Products
- ✓ Caffeine
- ✓ Alcohol
- ✓ Conventional beef or poultry and farm raised fish
- ✓ Oils such as canola, safflower, generic vegetable oils
- ✓ GMO's
- ✓ Anti-inflammatory drugs such as Advil, Aleve, prescription NSAID's
- ✓ Antacid drugs such as Nexium, Zantac, Prevacid etc