

ANTI-INFLAMMATORY FOOD PYRAMID

Beverages

Beet juice, Ginger tea, Golden milk (turmeric milk), Green tea, Herbal teas like chamomile or peppermint, Matcha tea, Pineapple juice, Tart cherry juice, Turmeric latte (made with almond milk or coconut milk), Water infused with cucumber and lemon (2-4 cups daily)

Herbs & Spices

Basil, Black pepper, Cayenne pepper, Cinnamon, Cloves, Garlic, Ginger, Rosemary, Thyme, Turmeric (unlimited amount)

Whole Grains

Amaranth, Barley, Brown rice, Buckwheat, Bulgur, Farro, Millet, Oats, Quinoa, Whole wheat (2-3 serves a week)

Fish & Shellfish

Anchovies, Cod, Halibut, Herring, Mackerel, Salmon, Sardines, Trout, Tuna (4-6 serves a week)

Vegetables

Artichokes, Arugula, Asparagus, Beetsroot, Bell peppers (red, yellow, green), Brussels sprouts, Cabbage, Carrots, Cauliflower and Broccoli, Celery, Garlic and Onions, Leafy greens (Spinach, Kale, Swiss chard, Collard greens), Leeks, Radishes, Sweet potatoes, Turnips, Zucchini (3-7 serves daily)

Sweets

Dark chocolate, Yogurt with berries, Cottage cheese with berries and cinnamon (1-2 serves a week)

Healthy Fats

Almond butter, Avocado oil, Cashew butter, Chia seeds, Coconut oil, Extra virgin olive oil, Flaxseed oil, Hemp seeds, Olives, Walnut oil, Almonds, Cashews, Chia seeds, Flaxseeds, Pecans, Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnuts (3-7 serves a day)

Beans & Legumes

Black beans, Chickpeas, Lentils, Red kidney beans (1-2 serves a day)

Other Proteins

Bison, Edamame, Eggs (preferably free-range or omega-3 enriched), Lean poultry (chicken breast, turkey breast), Skinless turkey or chicken legs, Tempeh, Tofu (2-4 serves a week)

Fruits

Apples, Berries (strawberries, blueberries, raspberries, blackberries), Cherries, Grapes, Kiwi, Oranges, Papaya, Pears, Pineapple, Watermelon (2-4 serves daily)

Disclaimer: The information provided in this anti-inflammatory food pyramid is intended for general informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. The inclusion of specific foods in this pyramid does not imply endorsement or guarantee of their anti-inflammatory effects. Individual responses to dietary changes may vary, and it is important to consult with a healthcare professional before making significant changes to your diet or lifestyle.

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Ying-Ying Zheng



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