

Anti-inflammatory Foods List

Fruit

- Berries (strawberries, blueberries, raspberries, blackberries)
- Citrus fruit



High-fiber Grains and Starches

- Sweet potatoes
- Squash
- Quinoa
- Farro
- Barley Oats



Spices and Beverages

- Season recipes with turmeric, curry powder, ginger, garlic, chili peppers, saffron, cinnamon
- Onion, garlic
- Green tea (Matcha)



Vegetables

- Carrots
- Green leafy vegetables (spinach, kale, collard, Swiss chard, arugula)
- Brussels sprouts
- Cauliflower
- Broccoli
- Cabbage



Fats

- Extra virgin olive oil
- Avocado
- Flax meal
- Chia seeds



Protein

- Omega-3 rich fish: salmon, fresh fish--no pre-packaged
- Beans and legumes (lentils, chickpeas, black beans, kidney beans, etc.)
- Edamame
- Chicken



The
BARBER MAY
Specialized Facial Surgery & Aesthetics Clinic