Inflammatory Foods

Foods that Induce Inflammation

Gluten / Wheat / Refined Grains
Dairy Products
Sugar
Animal Fats and Meats
Trans Fats
Alcohol and Coffee
High Omega 6 Oils (polyunsaturated Veg oils)
MSG & Food Additives

Foods that Reduce Inflammation

Berries & Cherries
Cayenne Pepper
Capsicums
Celery & Celery Seeds
Dark Green Vegies
Sweet Potatoes
Flaxseeds & Flaxseed oil
Ginger & Turmeric
Beetroot & Tomatoes
Garlic & Onions
Kelp & Fatty Fish
Nuts

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