



Anti Inflammatory Food List

Foods include mostly plant-based foods:

1. Fruits and Vegetables
2. Whole Grains
3. Legumes/Soy Foods
4. Healthy Fats
5. Fish and Shellfish
6. Dairy, Eggs and Other Proteins

Foods and Other Lifestyle Habits that can increase inflammation:

1. Inadequate Sleep
2. Increased Stress
3. Lack of Physical Activity
4. Excess Saturated Fats
5. Large Amounts of Sugar
6. Too Much Alcohol
7. Relying mostly on Processed Foods

Anti Inflammatory Meal Plan:

Breakfast

Oatmeal with blueberries, walnuts, dollop of yogurt

Green Tea

Lunch

Taco Salad made with black beans, chopped tomatoes, green onions, avocado, cilantro, lettuce, light

Italian salad dressing & salsa, corn chips

Water infused with cucumber

Supper

Grilled trout or salmon, baked sweet potato, kale salad, herbal iced tea

Snack

Whole grain crackers, sliced cucumbers, baby carrots and hummus

Resources on Inflammation:

<https://vineripenutrition.com/anti-inflammatory-benefits-of-a-plant-based-diet/>

<https://vineripenutrition.com/10-anti-inflammatory-recipes-for-spring/>

<https://vineripenutrition.com/7-ways-to-help-fight-inflammation/>

<https://vineripenutrition.com/the-mediterranean-diet-appalachian-style/>

<https://vineripenutrition.com/foods-to-improve-gut-health-immunity/>

<https://vineripenutrition.com/autoimmune-conditions-food-choices/>

<https://vineripenutrition.com/eating-for-a-healthier-immune-system/>



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