



Anti-Inflammatory Foods

1. Berries - contain antioxidants called anthocyanins. These compounds have anti-inflammatory effects that may reduce your risk of disease

2. Fatty fish (salmon, sardines, herring, mackerel, anchovies) - Fatty fish are a great source of protein and the long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

3. Broccoli - Research has shown that eating a lot of cruciferous vegetables is associated with a decreased risk of heart disease and cancer

4. Avocados - Avocados are packed with potassium, magnesium, fiber, and heart-healthy monounsaturated fats; they also contain carotenoids and tocopherols, which are linked to a reduced risk of cancer

5. Green tea - Research has found that drinking it is associated with a reduced risk of heart disease, cancer, Alzheimer's disease, obesity, and other conditions

6. Peppers - Bell peppers and chili peppers are loaded with vitamin C and antioxidants that have powerful anti-inflammatory effects

7. Mushrooms - are very low in calories and rich in selenium, copper, and all of the B vitamins. They also contain phenols and other antioxidants that provide anti-inflammatory protection

8. Grapes - contain anthocyanins, which reduce inflammation. In addition, they may decrease the risk of several diseases, including heart disease, diabetes, obesity, Alzheimer's, and eye disorders

9. Turmeric - Turmeric is a spice with a warm, earthy flavor that's often used in curries and other Indian dishes. It has received a lot of attention because it contains curcumin, a powerful anti-inflammatory compound

10. Extra virgin olive oil - is one of the healthiest fats you can eat. It's rich in monounsaturated fats. Studies link extra virgin olive oil to a reduced risk of heart disease, brain cancer, and other serious health conditions

11. Dark chocolate and cocoa - is delicious, rich, and satisfying. It's also packed with antioxidants that help reduce inflammation. These may reduce your risk of disease and lead to healthier aging

12. Tomatoes - The tomato is a nutritional powerhouse and .They are high in vitamin C, potassium, and lycopene, an antioxidant with impressive anti-inflammatory properties

13. Cherries - Cherries are delicious and rich in antioxidants, such as anthocyanins and catechins, which decrease inflammation.

Reference: <https://www.healthline.com/nutrition/13-anti-inflammatory-foods>

