



22 Anti-Inflammatory Foods *to add to your diet*

1. Pineapple
2. Avocados
3. Berries
4. Dark Leafy Greens
5. Herbs: Ginger, Turmeric, Rosemary, Fennel
6. Garlic
7. Onions
8. Extra Virgin Olive Oil
9. Beets
10. Dark Chocolate (70%+)
11. Sweet Potatoes
12. Pomegranates
13. Beans/Legumes
14. Apples
15. Salmon
16. Green Tea
17. Broccoli
18. Spices :Cinnamon, Cardamom, Cumin, Cayenne
19. Coconut
20. Chia Seeds
21. Walnuts
22. Flax Seeds

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Inflammatory Foods *to avoid*

1. Processed foods

- chips
- crackers
- cookies

2. Sugary Drinks

- soda
- sports drinks

3. Refined Carbohydrates

- white bread
- white pasta
- white rice

4. Foods High in Refined or Trans Fats

5. Fried Foods

6. Large Amounts of Omega-6 Fatty Acids

7. Large Amounts of Starches

8. Additives



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4 Tips

for an anti-inflammatory diet

Reducing your intake of inflammatory foods can be challenging, but there are many simple steps you can take to make it easier.

1. Start by reading food labels and avoiding foods that are high in sugar, trans fats, and refined carbohydrates. Instead, choose whole foods, such as fruits, vegetables, whole grains, and pasture-raised, wild-caught and organic protein sources.
2. Cook at home more often and avoid eating out at restaurants that serve processed foods and fried foods.
3. Use healthy cooking methods, such as baking, and steaming, instead of deep frying.
4. Finally, stay hydrated by drinking plenty of water throughout the day.

Clever solutions for highly sensitive women to reduce inflammation and live a life of health and happiness:

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