

Inflammation Food Chart

	Vegetables	Fruit	Grains & Flours	Proteins	Fats	Sweets	Drinks
Anti-Inflammatory Foods	All fresh vegetables eaten raw or simply cooked	All fresh fruits eaten raw or cooked without added sugar.	Oats, whole grains (brown or wild rice), quinoa, 100% whole grain flour (wheat, oats, spelt)	Fatty fish, legumes, whole soy products, unsweetened Greek yogurt	Raw or oven roasted nuts and seeds, extra virgin olive oil, avocado, and avocado oil, fatty fish	Dark chocolate, raw honey and pure maple syrup used in moderation and in place of refined sweeteners, fruits.	Water, green or black tea, smoothies made with whole fruits and vegetables.
Neutral Foods	Starchy Vegetables such as potatoes and corn offer beneficial nutrients but can spike blood sugar in large amounts	Dried fruits, though rich in nutrients and fiber, are easy to overeat and can spike blood sugar	White rice has less fiber than whole grains and should be used less frequently	Lean cuts of meat, eggs	Cheeses, coconut oil or seed oils used in moderation	Healthier baked goods or treat made with less sugar and whole grain flours	100% vegetable or fruit juice, coffee, herbal teas
Pro-Inflammatory Foods	All fried vegetables; stuffed vegetables with too much cheese or bacon, vegetable juices with added sugars; carrot cakes and zucchini breads that are high in sugar and fat	Canned fruits in syrup, sweetened dried fruits, fruit juices and smoothies with added sugars	Large amounts of white flour and products made from refined grains, such as noodles, white bread, bagels, pies, pastries, and baked goods	Breakfast meats, fast food burgers and sandwiches, cured meats, fatty cuts of meat, highly processed faux meats	Candied nuts, trans fats, highly processed cheese spreads	Sweets made with refined sugars and carbohydrates, ice cream, candy, sodas	Excess alcohol, sodas, sugar laden juices or smoothies, energy drinks