



HEALTH  
COACH

## ANTI-INFLAMMATORY DIET

### PROTEINS

Almonds  
Grass-fed Beef  
Grass-fed Bison  
Cashews  
Macadamia Nuts  
Pecans  
Pistachios  
Salmon – Wild Caught  
Sardines  
Tilapia  
Tuna, Canned Light (Skipjack)  
Trout – Rainbow (Farm Raised)

### FATS

Avocado  
Chia Seeds  
Extra Virgin Olive Oil –low heat  
Flaxseed Oil – Don't heat  
Olives  
Sesame seeds/Sesame Oil – low heat only  
Sunflower Seeds  
\*Coconut meat or oil

### SPICES, HERBS, ETC

Basil  
Cayenne  
Cilantro  
Cumin  
Dill  
Curry Powder  
Flaxseeds  
Garlic  
Ginger  
Oregano  
Parsley  
Sage  
Thyme  
Turmeric  
Vinegar

### VEGETABLES

Artichokes  
Asparagus  
Bok Choy  
Broccoli  
Brussels Sprouts  
Butternut Squash  
Cabbage  
Carrot  
Cauliflower  
Celery  
Collard greens  
Dandelion Greens  
Garlic, raw  
Green Beans  
Green Peas (fresh frozen only)  
Green Leaf Lettuce  
Kale  
Kelp  
Leeks  
Mustard Greens  
Onions  
Pumpkin  
Romaine Lettuce  
Spinach  
Swiss Chard  
Turnip Greens  
Yellow Squash  
Zucchini

### FRUIT

Apricots  
Blackberries  
Black Currants  
Cantaloupe  
Citrus Fruits  
Guava  
Kiwi  
Papaya  
Pineapple  
Raspberries  
Strawberries

### CARBS/STARCHES

Sweet Potato