

optimal foods for inflammation

These foods provide more of the nutrients associated with reduced inflammation (i.e. magnesium, zinc, copper, manganese, selenium, vitamin A, vitamin E, vitamin D, vitamin C, riboflavin, vitamin B6 & cysteine).

vegetables

- watercress
- spinach
- coriander
- chard
- chicory greens
- asparagus
- beet greens
- Chinese cabbage
- lettuce
- seaweed
- endive
- mustard greens
- mushroom
- parsley
- broccoli
- kale
- collards
- zucchini
- chives
- turnip greens
- arugula
- escarole
- alfalfa
- banana pepper
- okra
- red peppers
- mung beans
- pumpkin
- radicchio
- cauliflower
- spirulina
- summer squash
- celery
- sauerkraut
- snap beans
- cabbage
- jalapeno peppers
- Brussel sprouts
- butternut squash
- artichokes
- winter squash

- peas
- radishes
- yeast extract spread
- carrots
- onions
- red cabbage
- pickles
- cucumber
- turnips
- eggplant
- sweet potato
- edamame

spices

- basil
- paprika
- dill
- mustard seed
- curry powder
- sage
- cloves
- tarragon
- thyme
- turmeric

seafood

- fish roe
- crab
- oysters
- lobster
- crayfish
- caviar
- cod
- halibut
- salmon
- octopus
- pollock
- shrimp
- molluscs
- rockfish
- white fish
- haddock

- anchovy
- trout
- flounder
- whiting
- sturgeon
- perch
- clam
- herring
- sardine
- tuna
- cisco
- scallop
- mackerel

offal

- liver
- heart
- kidney

animal products

- veal
- ham
- chicken breast
- steak
- pork
- whole egg
- ground beef
- top round steak
- egg yolk
- bison
- lamb
- turkey
- egg white
- chicken drumstick

nuts and seeds

- sunflower seeds
- brazil nuts
- sesame butter
- pumpkin seeds
- almonds
- broad beans