



Inflammatory Foods to Avoid:

- Sugar
- Vegetable Oils
- Fried Foods
- Refined / White Flour
- Dairy
- Gluten
- Artificial Sweeteners / Preservatives / Additives / Flavours / Colourings
- Grain Fed Meat
- Processed Meat
- Fast Food / Takeaway Food
- Alcohol

Anti-Inflammatory Foods to Include:

- Green Leafy Vegetables – Spinach / Kale / Silverbeet / Bock Choy / Celery etc
- Beetroot
- Broccoli
- Fruit - Blueberries / Strawberries / Mulberries / Blackberries / Pineapple
- Salmon / Tuna / Mackerel / Sardines (oily fish)
- Bone Broth / Meat Stock
- Nuts – Almonds, Walnuts, Macadamia
- Olive Oil
- Coconut Oil
- Chia Seeds
- Flaxseeds / Linseeds
- Turmeric
- Ginger