

75 Anti-Inflammatory Foods: Free Grocery list

Save this list of anti-inflammatory foods for your next visit to the grocery store. Inflammation typically occurs as a defense mechanism when our bodies are damaged. Instead of taking anti-inflammatory drugs (NSAIDs), anti-inflammatory foods reduce pain relief and support healing of the body.

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| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Dark Chocolate | <input type="checkbox"/> Raw Oats |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Wild Salmon | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Miso Soup | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Bone Broth | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Herrings | <input type="checkbox"/> Canned Light White Tuna |
| <input type="checkbox"/> Wild Sardines | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Low sugar yogurt |
| <input type="checkbox"/> Kamut (Khorasan wheat) | <input type="checkbox"/> Oysters |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Black Beans |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Brussels sprouts |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Summer Squash | <input type="checkbox"/> Romaine Lettuce |
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Peas

Mustard Greens

Avocados

Black Berries

Cherries

Kiwi

Lemons

Limes

Pumpkin Seeds

Macadamia Nuts

Cashews

Brazil Nuts

Apple Cider Vinegar

Sea Salt

Lentils

Stevia

Papaya

Pears

Plums

Anchovies

Eggs

Garlic

Broccoli