

Anti-Inflammatory Foods To Add to Your Diet

Eat better, feel better.



1

SPINACH

Spinach is an antioxidant powerhouse. This versatile leafy green has inflammation-fighting properties thanks to its carotenoids, antioxidants, and vitamins C, E, and K.

BLUEBERRIES

These antioxidants are rich in anthocyanins and vitamin C, which have both been shown to have anti-inflammatory properties, reducing risk of heart disease, diabetes, and obesity.

2



3

TURMERIC

Curcumin, the compound in turmeric responsible for that bright color, has powerful anti-inflammatory effects, which may help reverse many steps in the heart disease process.



4

BROCCOLI

This cruciferous vegetable has a high magnesium content (low magnesium is associated with higher inflammation) and contains sulforaphane, an antioxidant that reduces levels of pro-inflammatory cytokines in the body.



5

WALNUTS

An excellent source of omega-3s, a fatty acid shown to moderate inflammation and reduce risk for and symptoms of autoimmune diseases, heart disease, kidney disease, arthritis, and even Alzheimer's disease.

