

# ANTI- INFLAMMATORY FOODS YOU CAN EAT

Inflammation can be both good and bad.

On one hand, it helps your body defend itself from infection and injury. On the other hand, chronic inflammation can lead to weight gain and disease.

Stress, inflammatory foods, and low activity levels can make this risk even greater. However, studies demonstrate that some foods can fight inflammation.

13 foods which may help to fight inflammation:

- |               |                               |              |
|---------------|-------------------------------|--------------|
| 1. Berries    | 6. Peppers                    | 11. Dark     |
| 2. Fatty Fish | 7. Mushrooms                  | Chocolate    |
| 3. Broccoli   | 8. Grapes                     | And Cocoa    |
| 4. Avocados   | 9. Turmeric                   | 12. Tomatoes |
| 5. Green Tea  | 10. Extra Virgin<br>Olive Oil | 13. Cherries |

Find out about the benefits of anti-inflammatory foods by reading our full article or downloading our fact sheet on the topic.

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