

TOP 15

ANTI-INFLAMMATORY Foods

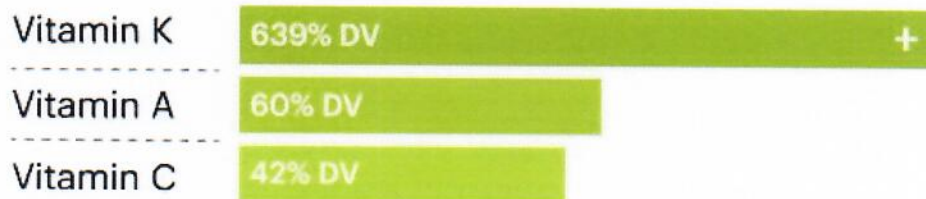
Small, gradual changes are typically more sustainable and easier for the body to adapt to. So rather than emptying your pantry, you can pursue an anti-inflammatory diet one food at a time. Here are the 15 best...

1. GREEN LEAFY VEGETABLES

These vegetables operate as anti-inflammatory flavonoids and are rich in antioxidants that restore cellular health. Swiss chard, for example, is extremely high in the antioxidants vitamin A and C, as well as vitamin K, which can protect your brain against oxidative stress caused by free radical damage.



One cup includes these natural anti-inflammatories...



2. BOK CHOY

It's an excellent source of antioxidant vitamins, minerals and antioxidants. Moreover, recent studies show over 70 antioxidant phenolic substances in bok choy. These phenolic antioxidants help scavenge free radicals.



One cup includes these natural anti-inflammatories...



3. CELERY

In recent studies, celery demonstrates both antioxidant and anti-inflammatory activities that help improve blood pressure and cholesterol levels, as well as prevent heart disease. Celery seeds also help lower inflammation and fight bacterial infections.



One cup includes these natural anti-inflammatories...

Vitamin K	37% DV
Vitamin A	9% DV
Potassium	8% DV
Vitamin C	5% DV

4. BEETS

The antioxidant betalain gives beets their signature color and is an excellent anti-inflammatory. These anti-inflammatory compounds inhibit the activity of cyclo-oxygenase enzymes, which the body uses to trigger inflammation.



One cup includes these natural anti-inflammatories...

Folate	34% DV
Manganese	28% DV
Potassium	15% DV
Magnesium	10% DV

5. BROCCOLI

Broccoli is an antioxidant powerhouse, with key vitamins, flavonoids and carotenoids. These work together to lower oxidative stress in the body and help battle both chronic inflammation and the risk of developing cancer.



One cup includes these natural anti-inflammatories...

Vitamin K	254% DV
Vitamin C	135% DV
Chromium	53% DV
Folate	42% DV
Vitamin B6	18% DV
Vitamin E	15% DV
Manganese	15% DV
Vitamin A	13% DV

6. BLUEBERRIES

Found in citrus, olive oil and dark-colored berries, quercetin is a flavonoid that fights inflammation and even cancer. Another study found that consuming more blueberries slowed cognitive decline and improved memory and motor function.

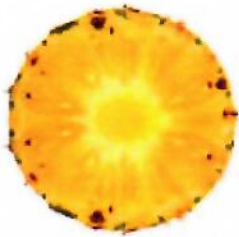


One cup includes these natural anti-inflammatories...

Vitamin K	36% DV
Vitamin C	25% DV
Manganese	25% DV

7. PINEAPPLE

After being used for years as part of an anti-inflammatory protocol, bromelain — a digestive enzyme from pineapples — is observed to have immune-modulating abilities. Bromelain has been shown to stop blood platelets from sticking together or building up along the walls of blood vessels – both known causes of heart attacks or strokes.



One cup includes these natural anti-inflammatories...

Vitamin C	131% DV
Manganese	79% DV

8. SALMON

Salmon is an excellent source of essential fatty acids, especially omega-3s, which are some of the most potent anti-inflammatory substances. Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis.



One four-serving includes these natural anti-inflammatories...

Vitamin B12	236% DV
Vitamin D	127% DV
Selenium	78.3% DV
Vitamin B3	56.3% DV
Omega-3	55% DV
Protein	53.1% DV
Phosphorus	52.1% DV
Vitamin B6	37.6% DV

9. BONE BROTH

Bone broths contain minerals in forms that your body can easily absorb: calcium, magnesium, phosphorus, silicon, sulphur and others. They contain chondroitin sulphates and glucosamine, compounds that reduce inflammation, arthritis and joint pain.

10. WALNUTS

The antioxidant and anti-inflammatory benefits of walnuts help protect you against metabolic syndrome, cardiovascular problems and type 2 diabetes. Some phytonutrients found in walnuts are very rare in any foods, yet valuable. And it's also high in omega-3 fatty acids.



1/4 cup includes these natural anti-inflammatories...

Omega-3 113% DV

Manganese 51% DV

11. COCONUT OIL

Lipids in coconut oil are full of strong anti-inflammatory compounds. In a study in India, the high levels of antioxidants present in virgin coconut oil reduced inflammation and healing arthritis more effectively than leading medications.

12. CHIA SEEDS

Chia seeds offer both omega-3 and omega-6, which should be consumed in balance with one another. Chia seeds' ability to reverse inflammation, regulate cholesterol and lower blood pressure make it extremely beneficial to consume for heart health.



1 ounce (3 tbsp) includes these natural anti-inflammatories...

Omega-3 fatty acids* 883% DV

+

Omega-6 fatty acids* 710% DV

+

*Based on standard 500 mg/day recommendation for omega-3 and 200 mg/day for omega-6

13. FLAXSEEDS

An excellent source of omega-3s and phytonutrients, flaxseeds are also packed with antioxidants. Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits for anti-aging, hormone balance and cellular health.

1 ounce (3 tbsp) includes these natural anti-inflammatories...



Omega-3	1168% DV	+
Vitamin B1	31% DV	
Manganese	35% DV	
Magnesium	30% DV	
Phosphorus	19% DV	

14. TURMERIC

Turmeric's primary compound, curcumin, is its active anti-inflammatory component. A study found that curcumin is far more potent than aspirin (Bayer, etc.) and ibuprofen (Advil, Motrin, etc.) as an anti-inflammatory and anti-proliferative agent.

2 teaspoons include these natural anti-inflammatories...



Manganese	17% DV
Vitamin B6	5% DV

15. GINGER

Used fresh, dried, or in supplement form and extracts, ginger is another immune modulator that helps reduce inflammation caused by overactive immune responses. Ayurvedic medicine has praised ginger's ability to break down the accumulation of toxins in your organs.