

ANTI-INFLAMMATORY

Foods list



<i>Fruits</i>	<i>Proteins</i>	<i>Veggies</i>
apples	collagen	zucchini, (peeled)
blueberries		rosemary
figs, black	lamb	mint
bananas, medium ripe	buffalo	green lettuces
raspberries		parsnips
pomegranate	beef	green beans
white peaches		ginger root
blackberries	game, wild	dill
cranberries	rabbit	mushrooms (cooked, not shiitake)
raisins		cucumber (peeled)
grapes	turkey	celery root
strawberries		celery
lemons, limes	gelatin	carrots, white
dates	chicken	beans, most varieties
		bamboo shoots
		asparagus
		artichokes
<i>Grains</i>	rice	hominy, white
barley, hulled	sourdough bread	masa, white
brown rice	spelt and einkorn if tolerated	pasta made by Jovial or similar
buckwheat	corn, white or blue, for some	