

Foods That Reduce Inflammation

From Medical News Today



- dark leafy greens, including kale and spinach
- blueberries, blackberries, and cherries
- dark red grapes
- nutrition-dense vegetables, such as broccoli and cauliflower
- beans and lentils
- green tea
- red wine, in moderation
- avocado and coconut
- olives
- extra virgin olive oil
- walnuts, pistachios, pine nuts, and almonds
- cold-water fish, including salmon and sardines
- turmeric and cinnamon
- dark chocolate
- spices and herbs