

# Anti-Inflammatory Foods I Eat Every Week



Adopting an anti-inflammatory lifestyle can be beneficial in reducing joint aches and pains, decreasing the symptoms of autoimmune conditions, as well as lowering your risk for obesity, cardiovascular disease, diabetes, cancer, and depression. My focus on consuming an anti-inflammatory diet started after I developed a stomach ulcer. I quickly learned that there are some foods I should definitely avoid (processed foods such as chips, crackers, & cookies; sodas and sweetened beverages; trans fats, such as foods made with partially hydrogenated oils) and others I should make part of my weekly diet. Below is a list of the anti-inflammatory foods that are a staple in my weekly diet.

1. **Berries** (blue and blackberries) are packed with antioxidants and a phytonutrient that guards against inflammation and cancer.
2. **Wild Salmon & Sardines** are fatty fish packed with omega-3s
3. **Ginger** is not only great for digestion and immunity, but also known to help fight inflammation
4. **Garlic** contains an anti-inflammatory compound and may even be helpful in preventing cartilage damage associated with arthritis.
5. **Turmeric** is one of the best anti-inflammatory spices. The primary compound, curcumin, gives turmeric its anti-inflammatory properties.
6. **Pineapple** contains bromelain, a digestive enzyme known to fight inflammation.
7. **Avocados** are a great source of healthy fats and antioxidant which can help stave of your body's inflammatory process.
8. **Chia seeds** are packed with omega-3s, protein, and fiber.
9. **Green leafy veggies** like spinach are rich in antioxidants and anti-inflammatory flavonoid
10. **Extra virgin olive oil** has phenolic compounds which provide natural anti-inflammatory benefits.