

# Eating for a healthier you: Inflammation

## eat this



Avocado, berries  
(blueberries, strawberries,  
raspberries, blackberries),  
cherries, grapes, oranges



Broccoli, leafy greens (kale, spinach,  
collard, mustard), mushrooms,  
onions, peppers, tomatoes



Brown rice, oatmeal, whole grains  
(bulgur, quinoa), 100% whole wheat  
products (whole wheat bread)



Beans, fatty fish (salmon, tuna,  
mackerel, herring, sardines), lean  
white meat (chicken, turkey),  
legumes, nuts



Probiotic-rich dairy products  
(plain or low-sugar yogurts, kefir)



Coffee, green tea,  
kombucha, water



Olive oil, spices (cinnamon,  
garlic, ginger, turmeric)

## fruits

## veggies

## grains

## proteins

## dairy

## beverages

## others

## not that

Canned fruit packed in syrup, dried  
or frozen fruit with added sugar

Canned vegetables packed in salted  
water (rinse in a colander to remove  
excess salt), deep fried vegetables  
(french fries, chips), frozen  
vegetables packed in heavy sauces

Baked goods (biscuits, cake,  
cookies, doughnuts, pastries),  
refined white flour products  
(bread, rolls, pasta, crackers,  
pretzels), white rice

Fried meats, processed meats  
(bacon, bologna, hot dogs,  
salami, sausage), red meat

High-sugar dairy products (custard,  
ice cream, some yogurts)

Excess alcohol, sugary beverages  
(energy drinks, lemonade,  
soda, sports drink, sweet tea)

Processed and packaged foods,  
vegetable and seed oils (corn,  
safflower, soybean, sunflower)



Scan the QR code for nutrition and wellness resources, as well  
as tasty anti-inflammatory recipes to help you feel your best!

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