



Anti-inflammatory Diet

During the acute stage of an injury when swelling and inflammation are present, consider the following diet recommendations:

Anti-inflammatory foods to CONSUME

- Ginger, garlic, turmeric, cumin
- Fruits (bright colors best)
- Vegetables (dark colors best)
- Fish (ex: salmon, halibut, trout)
- Legumes (plants with pods)
- Seaweed (sea vegetables)
- Olive and canola oil
- Green tea
- Lean meats
- Low-fat dairy

Inflammatory foods to AVOID

- Soda and sugary juices
- Trans fats
- High glycemic index carbohydrates (ex: white bread, white rice, sugar)
- Excessive alcohol
- Processed meats and foods
- Most desserts
- Animal fat
- Most cheeses
- Fried foods
- Milk
- Chocolate