Anti Inflammatory Foods List Printable: 45 Foods, Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/anti-inflammatory-foods-list-printable/

Anti Inflammatory Foods List Printable: 45 Foods by Group

All numbers are approximate, rounded from USDA FoodData Central, and vary by brand, variety and cooking method.

- **Eat freely:** most days, generous portions.
- **Often:** several times a week, normal portions.
- **Moderation:** small, measured amounts.
- **Limit:** occasional, not a daily habit.

Vegetables (8 foods)

Food	Serving	Key number (approx.)	Label	Note
Spinach, raw	2 cups	Fiber ~1.4 g	Eat freely	Rich in folate, vitamin K
Kale, raw	1 cup chopped	Fiber ~1 g	Eat freely	Massage with oil for salads
Broccoli, cooked	1 cup	Fiber ~5 g	Eat freely	Frozen works just as well
Brussels sprouts, cooked	1 cup	Fiber ~4 g	Eat freely	Roast for sweeter flavor
Red bell pepper	1 medium	Vitamin C ~150 mg	Eat freely	Great raw with hummus
Tomatoes	1 medium	Fiber ~1.5 g	Eat freely	Cooked tomatoes provide lycopene
Carrots	1 medium	Fiber ~2 g	Eat freely	Easy desk snack
Sweet potato, baked	1 medium, skin on	Fiber ~4 g	Often	Keep the skin

Fruits (7 foods)

Food	Serving	Key number (approx.)	Label	Note
Blueberries	1 cup	Fiber ~3.5 g	Eat freely	Frozen is budget-friendly
Strawberries	1 cup halves	Fiber ~3 g	Eat freely	High in vitamin C
Raspberries	1 cup	Fiber ~8 g	Eat freely	Among the highest-fiber fruits
Cherries, sweet	1 cup pitted	Fiber ~3 g	Eat freely	Frozen for smoothies
Orange	1 medium	Fiber ~3 g	Eat freely	Whole fruit beats juice
Apple, with skin	1 medium	Fiber ~4.5 g	Eat freely	Skin holds much fiber
Avocado	1/3 medium	Fiber ~3 g	Moderation	Healthy fat, calorie-dense

Fish and Protein (7 foods)

Food	Serving	Key number (approx.)	Label	Note
Salmon, cooked	3 oz	Omega-3 ~1 to 2 g	Often	Canned salmon counts too
Sardines, canned	3 oz	Omega-3 ~1 g	Often	Low mercury, cheap
Atlantic mackerel	3 oz	Omega-3 ~1 g	Often	Skip king mackerel (mercury)
Rainbow trout	3 oz	Omega-3 ~0.8 to 1 g	Often	Mild taste, cooks fast
Canned light tuna	3 oz	Protein ~20 g	Often	Lower mercury than albacore
Eggs	1 large	Protein ~6 g	Often	Pair with vegetables
Chicken breast, skinless	3 oz cooked	Protein ~26 g	Often	Bake or grill, not fry

Beans and Whole Grains (8 foods)

Food	Serving	Key number (approx.)	Label	Note
Lentils, cooked	1/2 cup	Fiber ~8 g	Eat freely	No soaking needed
Black beans, cooked	1/2 cup	Fiber ~7.5 g	Eat freely	Rinse canned beans
Chickpeas, cooked	1/2 cup	Fiber ~6 g	Eat freely	Roast for crunchy snacks
Edamame, shelled	1/2 cup	Fiber ~4 g	Eat freely	About 9 g protein too
Oats, rolled	1/2 cup dry	Fiber ~4 g	Often	Skip sugary instant packets
Quinoa, cooked	1 cup	Fiber ~5 g	Often	Rinse before cooking
Brown rice, cooked	1 cup	Fiber ~3.5 g	Often	Batch cook for the week
100% whole-wheat bread	1 slice	Fiber ~2 g	Often	Whole grain listed first

Nuts, Seeds, Oils, Herbs and Drinks (9 foods)

Food	Serving	Key number (approx.)	Label	Note
Walnuts	1 oz (14 halves)	Plant omega-3 ~2.5 g	Moderation	Top salads or oatmeal
Almonds	1 oz (about 23)	Fiber ~3.5 g	Moderation	Unsalted is best
Chia seeds	1 tbsp	Fiber ~4 g	Moderation	Stir into yogurt
Flaxseed, ground	1 tbsp	Plant omega-3 ~1.6 g	Moderation	Whole seeds pass undigested
Extra-virgin olive oil	1 tbsp	Calories ~120	Moderation	Main cooking fat
Turmeric	1/2 to 1 tsp	Contains curcumin	Eat freely	Add black pepper
Ginger, fresh	1 tsp grated	Contains gingerols	Eat freely	Tea, stir-fries, soups
Garlic	1 to 2 cloves	Contains sulfur compounds	Eat freely	Chop, rest, then cook
Green tea	8 oz cup	Caffeine ~30 mg	Often	Unsweetened is best

Foods to Limit (6 foods)

Food	Serving	Key number (approx.)	Label	Note
Sugary soda	12 oz can	Added sugar ~35 to 40 g	Limit	Try sparkling water
Processed meats	1 hot dog	Sodium ~500 mg, varies	Limit	Bacon, deli meats, sausage
White bread	1 slice	Fiber under 1 g	Limit	Swap for whole grain
Donuts and pastries	1 glazed donut	Calories ~250	Limit	Weekend treat, not breakfast
Fried fast food	Medium fries	Calories ~300 or more	Limit	Oven-roast potatoes instead
Alcohol	1 standard drink	Alcohol ~14 g	Limit	Less is better