NUTRITION to Fight INFLAMMATION

ANTI-INFLAMMATORY Foods

Vegetables
- **Leafy Greens** – dark lettuce, spinach, kale, chard, arugula
- **Colored Vegetables** – carrots, beets, zucchini, peppers, asparagus
- **Cruciferous Vegetables** – broccoli, cauliflower, cabbage, Brussel sprouts
- **Sulfur Vegetables** – onions, mushrooms, cabbage, leeks, garlic

**Omega-3 Fatty Acids**
- Salmon
- Anchovies
- Herring
- Pacific Mackerel (not King)
- Sardines
- Trout
- Flax seed
- Fish oil supplement

INFLAMMATORY Foods:
- Sugar
- Refined Starch & Processed Foods
- Red & Processed Meat
- Some Oils

Possibly
- Dairy
- Gluten
- Nightshades

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