

Most beneficial

Vegetables, Berries, Fatty Fish, Turmeric, Ginger, Herbs & Spices



Raw nuts & Seeds, Fruit (2 pieces per day), Green Tea, olive oil, lentils, peas, cocoa



Pea protein, yoghurt, bone soup

Wholegrains - quinoa, oats, barley, buckwheat

Least beneficial

Meat & Eggs

 *Avoid*

Not beneficial Sugar, alcohol

- Heated vegetable oil
- Foods that upset your gut
- All processed foods
- Processed meat - ham, bacon, salami, sausages
- Fizzy Drinks

Anti-inflammatory Eating

