

Foods to eat

Anti-inflammatory diet include the following:

- dark leafy greens, including [kale](#) and spinach
- [blueberries](#), blackberries, and cherries
- dark red grapes
- nutrition-dense vegetables, such as broccoli and cauliflower
- beans and lentils
- [green tea](#)
- red wine, in moderation
- avocado and coconut
- olives
- extra virgin olive oil
- walnuts, pistachios, pine nuts, and almonds
- cold water fish, including salmon and sardines
- turmeric and [cinnamon](#)
- dark chocolate
- spices and herbs

Foods to avoid

The main foods that people following an anti-inflammatory diet should avoid include:

- processed meats
- sugary drinks
- trans fats, found in fried foods
- white bread
- white pasta
- gluten
- soybean oil and vegetable oil
- processed snack foods, such as chips and crackers
- desserts, such as cookies, candy, and ice cream
- excess alcohol
- too many [carbohydrates](#)