

# Anti-Inflammation- Healthy Shopping List

Key: **Bolded** = Best  
~~Strikethru~~ = Avoid for anti-inflammatory diet

## Spices & Herbs

- Basil
- Black pepper
- Cayenne pepper**
- Chili pepper, dried
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Garlic**
- Ginger**
- Mustard seeds
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- SEA SALT - Celtic
- Thyme
- Turmeric**
- Vinegars**
- Apple Cider vinegar**
- Balsamic vinegar**
- Red Wine vinegar**

## Natural Sweeteners

- Blackstrap molasses
- Cane juice
- Honey
- Maple syrup
- Brown rice syrup

## Beverages

- Unsweetened Green tea
- Cherry Juice
- Matcha Green Tea
- Water
- Sparkling water
- Chamomile Tea
- Rice milk
- Kombucha

## Grains / Cereals / Breads/

### Pasta - Minimize

- Amaranth
- ~~Barley~~
- Brown rice
- ~~White rice~~
- Hot rice cereal
- Buckwheat
- ~~Corn~~
- Millet
- ~~Oats~~
- Quinoa
- ~~Rye~~
- ~~Spelt~~
- ~~Whole wheat~~
- Cold cereals from above grains only
- Ezekiel cereal
- Granola
- Muesli
- Breads from above grains only
- Ezekiel brand
- Food for Life brand
- Pasta from above grains

## Beans & Legumes

- Black beans
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Soybeans
- Tempeh
- Tofu

## Nuts & Seeds (raw) & Oils

- Walnuts**
- Brazil nuts**
- Almonds
- Cashews
- Peanuts
- Olive oil, extra virgin**
- Coconut oil**
- Walnut oil**
- Macadamia nut oil**
- Vegetable oils
- Pumpkin seeds**
- Flaxseeds**
- Sesame seeds
- Sunflower seeds
- Almond Butter
- Macadamia Nut butter
- Cashew butter
- Walnut butter**



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chioma atanmo, nutritionist

## Anti-Inflammation- Healthy Shopping List

### Fruits

- Apples
- Apricots
- Bananas
- Blueberries**
- Cantaloupe
- Cherries**
- Cranberries**
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Oranges
- Papaya**
- Pears
- Pineapple**
- Plantains
- Plums
- Prunes
- Raspberries**
- Strawberries
- ~~Tomatoes~~
- Watermelon

### Vegetables

- Asparagus
- Avocados
- Beets
- ~~Bell peppers~~
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers

- ~~Eggplant~~
- Fennel
- Garlic**
- Green beans
- Green peas
- Kale
- Leeks
- Mushrooms, crimini
- Mushrooms, shiitake
- Mustard greens
- Olives**
- Onions**
- ~~Potatoes~~
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer
- Squash, winter
- Sweet potatoes
- Swiss chard
- Turnip greens
- Yams

### Dairy/Eggs

- Cheese, low-fat (minimize)
- Eggs – pastured best,**  
organic, free-range, omega3  
next best
- ~~Milk, 2%, cow's~~
- Milk, goat
- Yogurt, goat or cow

### Poultry & Lean Meats – Grass-Fed or Pastured

- Beef
- Lamb
- Bison**
- Liver
- Chicken
- Turkey
- Goat**

### Seafood

- Cod**
- Halibut**
- Salmon**
- Arctic Char**
- Mackerel**
- Herring**
- Scallops
- Shrimp
- Tuna**



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