

TEN SMART ANTI-INFLAMMATORY FOOD SWAPS

Pro-Inflammatory Food

Sweetened drinks

French fries

Processed lunch meat

Bacon, sausage, ham

Red meat

White bread

White rice

Pasta

Pretzels, chips

Packaged desserts

Anti-Inflammatory Substitute

Coffee, tea, water without added sweetener

Green salad with a drizzle of olive oil

Sliced chicken or nut butter & sliced fruit

Sliced tomatoes

Chicken or fish

Whole grain bread

Brown rice or another cooked whole grain

Leafy green or dark yellow vegetables or beans

A small handful of nuts

Fresh fruit