

Thrive

Anti-Inflammatory Foods

- Green leafy vegetables (kale, spinach, collards, bok choy)
- Fish (salmon, mackerel, sardines, tuna, trout, herring)
- Bananas - green, keep in fridge (otherwise rich in sugar)
- Probiotic foods (sauerkraut, kimchi, kombucha, yogurt, kefir)
- Broccoli (and other cruciferous veggies)
- Dark Chocolate (70%+ cocoa) & Raw Cocoa
- Herbs & Spices (basil, thyme, oregano)
- Super seeds (e.g. Flaxseed)
- Walnuts and Almonds
- Extra Virgin Olive Oil
- Tomatoes & Peppers
- Garlic & Onion
- Sweet potato
- Blueberries
- Coconut oil
- Green Tea
- Beetroot
- Turmeric
- Ginger

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Thrive Anti-Inflammatory vs Inflammatory foods



Inflammatory Foods

- Refined carbohydrates (white rice, pasta, pizza)
- Sugar (including sugar substitutes e.g. sucrose, corn syrup)
- White bread, cakes, biscuits
- Alcohol (sorry) - very high carbohydrate content
- Bad oils & fats (canola, rapeseed, soybean, corn & margarines)
- Soda and sugar sweetened beverages, including fruit juice
- Dairy (especially for those with intolerance)
- Grain-fed red meat (source grass-fed beef instead)
- Stabilizers (Xanthum or guar gums)
- Processed foods with artificial colouring
- Monosodium glutamate (MSG)
- Artificial sweeteners



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