

13 ANTI – INFLAMMATORY FOODS

CHERIES

The high concentration of plant compounds in cherries may be responsible for this fruit's many health benefits. Though the amount and type can vary depending on the variety, all cherries are packed with antioxidants and anti-inflammatory compounds. This high antioxidant content may help combat oxidative stress, a condition that is linked to multiple chronic diseases and premature aging (5Trusted Source).



BERRIES

Why save the best for last? Berries of every colour, along with grapes and cherries, are packed with fibre and antioxidant vitamins, such as vitamin C, and minerals, such as magnesium.



GRAPES

Grapes contain powerful antioxidants known as polyphenols. These are thought to have anti-inflammatory and antioxidant properties. One of these is resveratrol. It is found in the skins of red grapes.



BROCCOLI

Broccoli is a cruciferous vegetable, and one of the healthiest vegetables around. It contains a powerful antioxidant "sulforaphane." This anti-inflammatory compound reduces your levels of inflammatory cytokines, and is associated with reduced risk of heart disease and cancer.



AVOS

They do contain plenty of monounsaturated fatty acids, particularly oleic acid.



GREEN TEA

Green tea contains an anti-inflammatory compound called "epigallocatechin-3-gallate," otherwise known as EGCG. EGCG is linked to a reduced risk of heart disease, certain cancers, obesity and Alzheimer's.



GREEN PEPPERS

The anti-inflammatory properties of green peppers are extremely favorable in relieving the pain and swelling associated with severe bone disorders like osteoarthritis, rheumatoid arthritis. Hence, it also works as an anti-inflammatory.



MUSHROOMS

Mushrooms are rich in anti-inflammatory components, such as polysaccharides, phenolic and indolic compounds, mycosteroids, fatty acids, carotenoids, vitamins, and biometals. Metabolites from mushrooms of the Basidiomycota taxon possess antioxidant, anticancer, and most significantly, anti-inflammatory properties.



TUMERIC

Would a list of anti-inflammatory foods be complete without the amazing spice Tumeric? Tumeric contains the antioxidant curcumin. This compound has been shown to reduce the pain of arthritis, as well as having anti-cancer and anti-diabetes properties.



EXTRA VIRGIN OIL

Extra-virgin olive oil can reduce inflammation, which may be one of the main reasons for its health benefits. The main anti-inflammatory effects are mediated by the antioxidants. Key among them is oleocanthal



DARK CHOCOLATE

Dark chocolate is packed with anti-inflammatory flavonols that can reduce the risk of heart disease and prevent neuroinflammation



TOMATOES

It has powerful antioxidant and anti-inflammatory properties, making it important for the prevention of chronic degenerative and inflammatory conditions. Crushing or finely dicing tomatoes helps liberate the lycopene from the cell walls of the tomato where it is bound to fiber.



FATTY FISH

Fatty fish boast high amounts of the omega-3 fatty acids EPA and DHA, which have anti-inflammatory effects.

