

## Taming Inflammation Staple Foods to Include Daily

1. Dark, leafy greens such as spinach or kale
  - ✓ Add them to soups, omelets, vegetable dishes, and as salad base
2. Cruciferous vegetables such as cabbage and broccoli
  - ✓ Roast them in batches!
3. Berries, including blueberries, raspberries and strawberries
  - ✓ Buy frozen and add to oatmeal, smoothies, yogurt
  - ✓ Have fresh ones as a snack or in a salad
4. Black beans
  - ✓ Make bean salads and soups
5. Lentils
  - ✓ Add to rice or salads as a protein
6. Whole grains, such as brown rice and quinoa
  - ✓ As a side dish
7. Wild Alaskan salmon
8. Edamame
  - ✓ The perfect snack!
9. Asian and wild mushrooms
10. Green tea or matcha
11. Spices: Cayenne pepper, ginger, cinnamon, and turmeric