

Anti-inflammatory Diet Chart

Patient Name: _____

Birthday: _____

Age: _____

Gender: _____

Referring Physician: _____

Best to Eat	Best to Avoid or Limit
Olive Oil	High amounts of sugar
High Fiber Food	High-Fructose Corn Syrup
Fruit (Blueberries and Oranges)	Refined Carbs
Nuts	Trans Fats
Leafy Greens	Alcohol
Fatty Fish (Salmon and Mackerel)	Sugary Beverages
Vegetables (Kale, Bell Peppers, Cabbage, and Cauliflower)	Desserts
Healthy Fats (Olive Oil and Avocado Oil)	Processed Meats
Spices (Turmeric, Fenugreek, and Cinnamon)	Processed Snack Food
Dark Chocolate	Processed Seed and Vegetable Oils (Soybean and Corn Oil)

MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks (Within the Day)
Day 1 Date: _____				
Day 2 Date: _____				
Day 3 Date: _____				

Day 4 Date: _____				
Day 5 Date: _____				
Day 6 Date: _____				
Day 7 Date: _____				

Additional Notes:

Sources:

Felman, A. (2023, October 5). *Everything you need to know about inflammation*.
<https://www.medicalnewstoday.com/articles/248423#diet>

Ld, S. S. M. R. (2022, April 13). *7-Day meal plan to Fight inflammation: Recipes and more*.
Healthline. <https://www.healthline.com/nutrition/anti-inflammatory-diet-101#foods-to-avoid>