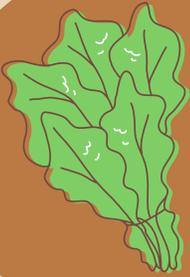


# 9 AIP Friendly Foods to Fight Inflammation



**Leafy green vegetables** such as **Swiss chard, spinach, and kale** are full of vitamins A, C, and K, which have been shown to have anti-inflammatory and antioxidant properties that can protect your cells from naturally occurring cell damage.



**Broccoli** and other cruciferous vegetables such as **Brussels sprouts and cauliflower** are also rich in vitamins. They also have the added benefits of sulforaphane, a phytochemical known to have anti-inflammatory properties.



**Honey** may not seem like an impressive food, but it contains plenty of nutrients and is particularly high in polyphenols. While the specific pathways are not yet clear, honey may improve inflammation by down-regulating the production of inflammatory cytokines.



**Garlic, onions, and leeks** all belong to the allium (onion) family. Organosulfur compounds (OSCs) are commonly found in members of the allium family, and research has shown that they also have powerful anti-inflammatory properties.



**Olive oil** is mainly composed of monounsaturated fatty acids, with oleic acid being the major acid. Components found in olive oil can help target inflammation by reducing the production of cytokines.



**Turmeric** contains curcumin, which gives turmeric its yellow color and has powerful antioxidative and anti-inflammatory properties. In recent studies, curcumin has been shown to reduce chronic inflammation, as well as prevent or even sometimes treat subsequent chronic diseases.



**Red wine** is a good source of resveratrol, which is a type of polyphenol. Resveratrol specifically works by inhibiting the production of certain proteins that activate the inflammatory response and has been shown to make significant improvements in individuals with rheumatoid arthritis (RA).



**Fatty fish** also consist of many polyunsaturated fats, specifically omega-3 fats. Omega-3 fats have been associated with decreased inflammation by altering the membrane composition of those cells that are responsible for triggering the inflammatory process.



**Strawberries, blueberries, raspberries, and blackberries** are just some of the more well-known types of berries with anti-inflammatory benefits. The active anti-inflammatory compound in berries are known as anthocyanins, which work by reducing the levels of cytokines in the bloodstream.