



Dr Wendy Wells
8595 E Bell Rd D101
Scottsdale, AZ 85260
(480) 607-0299

ANTI-INFLAMMATORY FOODS LIST

IF Rating: Higher = Better

BEST ANTI-INFLAMMATORY SPICES:

Hot Chile Peppers: IF Rating 50155
Garlic Powder: IF Rating 31176
Cayenne Pepper: IF Rating 28152
Ginger: IF Rating 27551
Turmeric: IF Rating 22564
Onion Powder: If Rating 11293
Ginger Root: IF Rating 27551
Curry: IF Rating 5901
Fresh Garlic: If Rating 3570

BEST ANTI-INFLAMMATORY FIN FISH AND SHELLFISH:

Caviar, Black or Red: IF Rating 2593
Anchovy, canned in oil: IF Rating 1024
Atlantic Herring: If Rating 1007
Atlantic Salmon: IF Rating 907 (of course you should only eat Wild Alaskan Salmon)

BEST ANTI-INFLAMMATORY VEGETABLES:

Parsley, raw IF Rating: 502
Carrot, dehydrated IF Rating: 49
Chives, raw IF Rating: 378
Peppers, jalapeno, raw IF Rating: 379
Grape leaves, raw IF Rating: 359
Pumpkin, IF Rating 334
Onions, IF Rating: 303
Collards IF Rating 273
Spinach, IF Rating 259

BEST ANTI-INFLAMMATORY NUTS AND SEEDS

Seeds, flaxseed IF Rating: 490
Macadamia IF Rating: 481
Hazelnuts or filberts, blanched IF Rating: 417
Mixed nuts, without peanuts, oil roasted, with salt added IF Rating: 368
Seeds, chia seeds, dried IF Rating: 277
Almond butter, plain, with salt added IF Rating: 254
Mixed nuts, with peanuts, oil roasted, with salt added IF Rating: 254
Pecans, dry roasted, without salt added IF Rating: 228 IF Rating: 200
Almonds IF Rating: 200
Walnuts, IF Rating 158

Brazilnuts, dried, unblanched IF Rating 110
Cashew butter, plain, without salt added IF Rating 81

BEST ANTI-INFLAMMATORY LEGUMES

Peanuts, all types, raw IF Rating: 87
Tofu, extra firm, prepared with nigari IF Rating: 44
Soy flour, defatted, crude protein basis (N x 6.25) IF Rating: 43
Soy protein isolate, potassium type, crude protein basis IF Rating: 42

ANTI-INFLAMMATORY POULTRY

Goose liver IF Rating: 152
Goose, IF Rating: 72
Turkey IF Rating: 68
Goose, roasted IF Rating: 45
Chicken, canned, no broth IF Rating: 44
Pheasant IF Rating: 40
Chicken, broilers or fryers, breast, IF Rating: 26

ANTI-INFLAMMATORY DAIRY AND EGG

Beverage, instant breakfast powder, chocolate, sugar-free, IF Rating: 77
Egg, white, dried IF Rating: 69
Cream substitute soy protein IF Rating: 23
Cheese, mozzarella, nonfat IF Rating: 20
Egg substitute, liquid IF Rating: 20

BEST ANTI-INFLAMMATORY FATS AND OILS:

Fish oil, salmon IF Rating: 13892
Fish oil, sardine IF Rating: 7916
Fish oil, cod liver IF Rating: 7587
Fish oil, herring IF Rating: 4919
Flaxseed oil IF Rating: 1054
Sunflower Oil IF Rating: 723
Hazelnut Oil IF Rating: 623
Canola Oil IF Rating: 569
Safflower Oil IF Rating: 555
Olive Oil IF Rating: 526

BEST ANTI-INFLAMMATORY FRUITS

Acerola, raw IF Rating: 696
Olives IF Rating: 87
Avocados, raw, California IF Rating: 79
Avocados, raw, all commercial varieties IF Rating: 78
Guavas, common, raw IF Rating: 77
Melons, cantaloupe, raw IF Rating: 41
Lemon peel, raw IF Rating: 36
Pineapple, raw, all varieties IF Rating: 36
Currants, black, raw IF Rating: 26
Papayas, raw IF Rating: 21
Avocados, raw, Florida IF Rating: 21

BEST ANTI-INFLAMMATORY SAUCES AND SOUPS

Hot Red Pepper Sauce

Fish broth IF Rating: 70

Adobo fresco F Rating: 64

Salsa IF Rating: 59

From www.edibleevolution.com