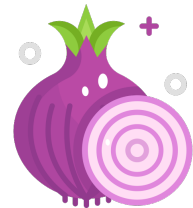
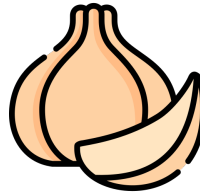


Foods That Prevent Inflammation in Your Body

- Broccoli
- Kale
- Spinach
- Cauliflower
- Onions
- Beets
- Garlic
- Avocados
- Tart cherries
- Berries
- Pineapple
- Ginger
- Turmeric
- Cinnamon
- Raw cacao
- Greek yogurt
- Wild-caught salmon
- Sardines
- Olive Oil
- Walnuts
- Almonds



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Resource

[Anti-Inflammatory Diet: Foods to Eat and Avoid](#)