**ANTI-INFLAMMATORY FOODS LIST**

**IF Rating: Higher = Better**

**BEST ANTI-INFLAMMATORY SPICES:**

[Hot Chile Peppers: IF Rating 50155](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/3028/2)

[Garlic Powder: IF Rating 31176](http://www.nutritiondata.com/facts/spices-and-herbs/190/2)

[Cayenne Pepper: IF Rating 28152](http://www.nutritiondata.com/facts/spices-and-herbs/201/2)

[Ginger: IF Rating 2755](http://www.nutritiondata.com/facts/spices-and-herbs/191/2)1

[Turmeric: IF Rating 22564](http://www.nutritiondata.com/facts/spices-and-herbs/212/2)

[Onion Powder: If Rating 11293](http://www.nutritiondata.com/facts/spices-and-herbs/196/2)

[Ginger Root: IF Rating 27551](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2447/2)

[Curry: IF Rating 5901](http://www.nutritiondata.com/facts/spices-and-herbs/185/2)

[Fresh Garlic: If Rating 3570](http://www.nutritiondata.com/facts/spices-and-herbs/185/2)

**BEST ANTI-INFLAMMATORY FIN FISH AND SHELLFISH:**

[Caviar, Black](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4038/2) [or Red: IF Rating 2593](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4038/2)

[Anchovy, canned in oil: IF Rating 1024](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4028/2)

[Atlantic Herring: If Rating 1007](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4068/2)

[Atlantic Salmon: IF Rating 907](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4258/2) (of course you should only eat Wild Alaskan Salmon)

**BEST ANTI-INFLAMMATORY VEGETABLES:**

[Parsley, raw IF Rating: 502](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2513/2)

[Carrot, dehydrated IF Rating: 49](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2513/2)

[Chives, raw IF Rating: 378](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2406/2)

[Peppers, jalapeno, raw IF Rating: 379](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/3043/2)

[Grape leaves, raw IF Rating: 359](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/3043/2)

Pumpkin, IF Rating 334

[Onions, IF Rating: 303](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2509/2)

[Collards IF Rating 273](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2413/2)

[Spinach, IF Rating 259](http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2926/2)

**BEST ANTI-INFLAMMATORY NUTS AND SEEDS**

[Seeds, flaxseed](http://www.nutritiondata.com/facts/nut-and-seed-products/3163/2) IF Rating: 490

[Macadamia](http://www.nutritiondata.com/facts/nut-and-seed-products/3124/2) IF Rating: 481

[Hazelnuts or filberts, blanched](http://www.nutritiondata.com/facts/nut-and-seed-products/3117/2) IF Rating: 417

[Mixed nuts, without peanuts, oil roasted, with salt added](http://www.nutritiondata.com/facts/nut-and-seed-products/3178/2) IF Rating: 368

[Seeds, chia seeds, dried](http://www.nutritiondata.com/facts/nut-and-seed-products/3061/2) IF Rating: 277

[Almond butter, plain, with salt added](http://www.nutritiondata.com/facts/nut-and-seed-products/3183/2) IF Rating: 254

[Mixed nuts, with peanuts, oil roasted, with salt added](http://www.nutritiondata.com/facts/nut-and-seed-products/3177/2) IF Rating: 254

[Pecans, dry roasted, without salt added](http://www.nutritiondata.com/facts/nut-and-seed-products/3130/2) IF Rating: 228 IF Rating: 200

[Almonds](http://www.nutritiondata.com/facts/nut-and-seed-products/3087/2) IF Rating: 200

Walnuts, IF Rating 158

[Brazilnuts, dried, unblanched IF Rating 110](http://www.nutritiondata.com/facts/nut-and-seed-products/3091/2)

[Cashew butter, plain, without salt added IF Rating 81](http://www.nutritiondata.com/facts/nut-and-seed-products/3096/2)

**BEST ANTI-INFLAMMATORY LEGUMES**

[Peanuts, all types, raw](http://www.nutritiondata.com/facts/legumes-and-legume-products/4355/2) IF Rating: 87

[Tofu, extra firm, prepared with nigari](http://www.nutritiondata.com/facts/legumes-and-legume-products/4408/2) IF Rating: 44

[Soy flour, defatted, crude protein basis (N x 6.25)](http://www.nutritiondata.com/facts/legumes-and-legume-products/4459/2) IF Rating: 43

[Soy protein isolate, potassium type, crude protein basis](http://www.nutritiondata.com/facts/legumes-and-legume-products/4465/2) IF Rating: 42

**ANTI-INFLAMMATORY POULTRY**

[Goose liver](http://www.nutritiondata.com/facts/poultry-products/789/2) IF Rating: 152

[Goose,](http://www.nutritiondata.com/facts/poultry-products/785/2) IF Rating: 72

[Turkey](http://www.nutritiondata.com/facts/poultry-products/843/2) IF Rating: 68

[Goose, roasted](http://www.nutritiondata.com/facts/poultry-products/786/2) IF Rating: 45

[Chicken, canned, no broth](http://www.nutritiondata.com/facts/poultry-products/7209/2) IF Rating: 44

[Pheasant](http://www.nutritiondata.com/facts/poultry-products/7650/2) IF Rating: 40

[Chicken, broilers or fryers, breast,](http://www.nutritiondata.com/facts/poultry-products/10478/2) IF Rating: 26

**ANTI-INFLAMMATORY DAIRY AND EGG**

[Beverage, instant breakfast powder, chocolate, sugar-free,](http://www.nutritiondata.com/facts/dairy-and-egg-products/7640/2) IF Rating: 77

[Egg, white, dried](http://www.nutritiondata.com/facts/dairy-and-egg-products/158/2) IF Rating: 69

[Cream substitute soy protein](http://www.nutritiondata.com/facts/dairy-and-egg-products/59/2) IF Rating: 23

[Cheese, mozzarella, nonfat](http://www.nutritiondata.com/facts/dairy-and-egg-products/7583/2) IF Rating: 20

[Egg substitute, liquid](http://www.nutritiondata.com/facts/dairy-and-egg-products/131/2) IF Rating: 20

**BEST ANTI-INFLAMMATORY FATS AND OILS:**

[Fish oil, salmon](http://www.nutritiondata.com/facts/fats-and-oils/632/2) IF Rating: 13892

[Fish oil, sardine](http://www.nutritiondata.com/facts/fats-and-oils/633/2) IF Rating: 7916

[Fish oil, cod liver](http://www.nutritiondata.com/facts/fats-and-oils/628/2) IF Rating: 7587

[Fish oil, herring](http://www.nutritiondata.com/facts/fats-and-oils/629/2) IF Rating: 4919

[Flaxseed oil](http://www.nutritiondata.com/facts/fats-and-oils/7554/2) IF Rating: 1054

[Sunflower Oil](http://www.nutritiondata.com/facts/fats-and-oils/623/2) IF Rating: 723

[Hazelnut Oil](http://www.nutritiondata.com/facts/fats-and-oils/593/2) IF Rating: 623

[Canola Oil](http://www.nutritiondata.com/facts/fats-and-oils/621/2) IF Rating: 569

[Safflower Oil](http://www.nutritiondata.com/facts/fats-and-oils/574/2) IF Rating: 555

[Olive Oil](http://www.nutritiondata.com/facts/fats-and-oils/509/2) IF Rating: 526

**BEST ANTI-INFLAMMATORY FRUITS**

[Acerola, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1807/2) IF Rating: 696

[Olives](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/7338/2) IF Rating: 87

[Avocados, raw, California](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1844/2) IF Rating: 79

[Avocados, raw, all commercial varieties](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1843/2) IF Rating: 78

[Guavas, common, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1927/2) IF Rating: 77

[Melons, cantaloupe, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1954/2) IF Rating: 41

[Lemon peel, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1941/2) IF Rating: 36

[Pineapple, raw, all varieties](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/2019/2) IF Rating: 36

[Currants, black, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1878/2) IF Rating: 26

[Papayas, raw](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1985/2) IF Rating: 21

[Avocados, raw, Florida](http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1845/2) IF Rating: 21

**BEST ANTI-INFLAMMATORY SAUCES AND SOUPS**

[Hot Red Pepper Sauce](http://www.nutritiondata.com/facts/soups-sauces-and-gravies/1108/2)

[Fish broth](http://www.nutritiondata.com/facts/soups-sauces-and-gravies/7236/2) IF Rating: 70

[Adobo fresco](http://www.nutritiondata.com/facts/soups-sauces-and-gravies/7252/2) F Rating: 64

[Salsa](http://www.nutritiondata.com/facts/soups-sauces-and-gravies/1113/2) IF Rating: 59

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