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 Herbs and spices	Celery seeds, chamomile, cinnamon, fennel, garlic, ginger, rosemary, turmeric, olive oil.	High in anti-inflammatory phytochemicals.
 Nuts and seeds	Almonds, brazil nuts, cashews, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.	High in nutrients such as minerals, vitamin E, alpha-linolenic acid, anti-oxidants, and fiber, which have been shown to be anti-inflammatory
 Grains and legumes	Chickpeas, legumes, soy, gluten free grains such as quinoa, millet, buckwheat, brown rice.	Vegetarian diets, soy and gluten free diets have been shown to reduce inflammation.
 Fruits	Avocado, blackberries, blueberries, cherries, cranberries, grapes, oranges, raspberries, strawberries.	High in antioxidant and anti-inflammatory phytochemicals.
 Meat, poultry, fish, and dairy	Dairy (if not intolerant), deep-sea fish.	Overall, dairy is considered non-inflammatory in those that are not intolerant. Fish, high in omega-3 have been shown to reduce inflammation.
 Vegetables	Beetroot, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, celery, garlic, kale, spinach, tomatoes.	High in anti-inflammatory phytochemicals. Avoid vegetables from the nightshade family.
 Beverages	Chamomile tea, fennel tea, ginger tea, green tea, water.	High in anti-inflammatory phytochemicals.
 Lifestyle	Acupuncture, regular aerobic and weight bearing exercise, relaxation techniques such as mindfulness meditation, cognitive behavioural therapy, support groups, visualisations, progressive muscle relaxation, tai chi and yoga. Limit alcohol intake to one or two days per week.	Lifestyle interventions such as these have been shown to be anti-inflammatory, reduce pain, alleviate and/or reduce depression and anxiety, as well as improve resilience, sleep and overall wellbeing.

	Foods to AVOID ✗
 Herbs and spices	Reduce salt, sugar, artificial sweeteners, colours, flavours and preservatives.
 Nuts and seeds	Seed oils high in omega 6 such as rapeseed oil, corn oil and peanuts.
 Grains and legumes	Decrease overall intake of carbohydrates, especially refined carbohydrates and gluten containing grains.
 Fruits	High glycemic index/starch fruits such as bananas if patient has hyperglycaemia/metabolic syndrome.
 Meat, poultry, fish, and dairy	Grain fed beef. Avoid conventionally farmed meat and dairy produce due to higher levels of persistent organic pollutants.
 Vegetables	Avoid vegetables in the nightshade family (eggplant, peppers, potatoes, and tomatoes), and high glycemic index starches in people with metabolic syndrome.
 Beverages	Limit intake of sugary drinks and alcohol.
 Lifestyle	Reduce smoking, sedentary lifestyle, stress, inadequate sleep, and social isolation.