



Anti-Inflammatory Food Pyramid

- 8 cups of water per day
- Avoid sugary drinks like juice and soda

DESSERTS & WINE

- Dark chocolate (sparingly)
- Red wine (limit to 1 glass/day for women & 2 glasses/day for men)

SPICES, HERBS, TEA, SUPPLEMENTS

- Ginger, turmeric, garlic, cinnamon
- Green and oolong tea
- Select supplements (discuss with your doctor)

OTHER PROTEIN

- Organic low-fat dairy, eggs, skinless chicken breast

EDAMAME, TOFU, TEMPEH

FISH, NUTS, SEEDS, AVOCADO, OLIVE OIL

WHOLE GRAINS, PASTA, BEANS

VEGETABLES

FRUIT

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- Though this material was generated for people with rheumatic conditions, it is also relevant to the general public and those looking for an example of an anti-inflammatory diet.
- See <http://tiny.ucsf.edu/rheumnutrition> for additional resources.