

Indicate the anti-inflammatory food group you added to your diet by marking the box with a number from the key below. List the number on the day you ate foods from that group.

If you ate foods from more than one group, list all the numbers that apply.

**Key:**

- 1. **Omega-3 Fats:** Salmon, walnuts, flaxseed, chia seed, olive oil, eggs
- 2. **Antioxidants:** Variety of fruits, vegetables, beans, raw nuts/seeds, herbs and spices
- 3. **Fiber:** Fruits and vegetables, beans, nuts, seeds, whole grains like oatmeal/barley/brown rice/whole wheat pasta, and beans
- 4. **Spices:** Ginger, tumeric, cinnamon, nutmeg, garlic, oregano, cayenne, rosemary, mint, and basil
- 5. **Polyphenols:** Fruits, vegetables, dark chocolate, olive oil, green tea
- 6. **Probiotics:** Yogurt, kefir, supplements
- 7. **Zinc:** Baked beans, chicken, yogurt, chickpeas, Swiss cheese, cashews, oatmeal, and supplements
- 8. **Water Intake:** Mark the days you met your daily water intake goal  
Daily Goal: \_\_\_\_\_ oz

Notes:

# Anti-Inflammatory Diet

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Please see Anti-Inflammatory Handout for a list of foods to avoid.