

# ANTI-INFLAMMATORY DIET PLAN – INFOGRAPHIC

## Foods to Eat

- Leafy greens (spinach, kale)
- Berries
- Turmeric & ginger
- Nuts & seeds
- Olive oil
- Whole grains
- Green tea / Tulsi tea

## Foods to Avoid

- Processed snacks
- Refined sugar
- Deep-fried items
- Red & processed meat
- Excess dairy
- White flour foods
- Alcohol & energy drinks

## Daily Meal Plan

- Morning: warm turmeric water, soaked almonds
- Breakfast: oats porridge or vegetable upma
- Lunch: brown rice + vegetable sambar + greens
- Evening: ginger tea + roasted chana or puffed rice
- Dinner: vegetable soup or chapati with veg kurma
- Bedtime: turmeric milk with a pinch of cinnamon

## Key Benefits

- Reduces inflammation
- Improves digestion
- Boosts immunity
- Eases joint pain
- Supports heart health
- Enhances skin glow
- Improves sleep & mood

## **Gentle Yoga Tips**

- Cat–Cow pose
- Child's Pose
- Seated Forward Bend
- Legs-Up-the-Wall
- Deep breathing (4–2–6 pattern)