

Name: _____

Date: _____

Anti-inflammatory Food Word Search

S P E D M R Q K L I O E V I L O U Y W H K F H T
T L A I N A L M O N D S F G V I Y U T T G H J V
U Z C E T A L O C O H C K R A D L K U T T N M E
N D P Z T C Y J M Q Y O Y E U N R R V O M D R X
L O C V B I O Y F U Z T D T H Z M L R J S Q H N
A Q L P Y T R L G M B B A V A E N B A T T Y A A
W A E T N E E R G C R Q G O R W E S N O M B A S
P R A A B Z J O T A M O T I N N K T F V E G B P
Y G I N D U Y A M S B O C E O I I E P Q O G X I
I M O N N A S T A O K M U B E Y U T M M I P A N
M P N N T N T K A K E S K B B U Q Q C P D T O A
Z V J O J H E T I Z Z U A T G W E I O O R Y Q C
Z C V N M L L B L A C K B E A N S Z I U W H F H
S C V R V A E E N C W F P F S D E E S X A L F T
I Q K F J F N Y N S H V L W I L D S A L M O N J
P E E B A G T N T T L I Y N Z F L Q R M V Z I R
N H F B A V Q P I G I P A C I B O E B K V O N D
W W T R Q F O L J C I L U S S L C F M P G L O Q
I J L F Q Z O C R S E V S T E B Z Z Y O B Z R M
E I Z Z R C Y T A W D N X P V E V B E F N P Y O
C H I A C N M D A D G D M T S J D W Q A O S C Y
Q P T O X T B M J M O N G W E N R S T T S B H C
M R R E Q O T V X A S P A L M O N D B U T T E R
K B O Y E J J L M U K A Z S E I R R E B E U L B

Dark Chocolate
Blueberries
Flaxseeds
Cinnamon
Almonds
Garlic

Almond Butter
Bone Broth
Olive Oil
Avocado
Lentils
Quinoa

Black Beans
Chia Seeds
Broccoli
Spinach
Tomato
Yams

Wild Salmon
Green Tea
Turmeric
Walnuts
Lemons
Oats