

Name: _____

Date: _____

FOODS TO FIGHT INFLAMMATION

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

blackberries
red cabbage
cherries
romaine
salmon

strawberries
green tea
cucumber
apples
kale

cauliflower
red onion
carrots
grapes
tuna

raw spinach
broccoli
peppers
radish