

Top 10 Foods *That Cause* Inflammation

You can read more about these foods and why they do cause inflammation in the article right [here](#).

1. Oils with high omega-6 fatty acid content:

- Sesame oil
- Peanut oil
- Corn oil
- Soybean oil
- Sunflower oil

2. Foods prepared with hydrogenated fats:

- Margarine
- Shortening
- Doughnuts
- Frozen breakfast foods
- Packaged cookies and baked goods

3. Fake food made with food additives like MSG or aspartame

- Chips (e.g. Pringles, Dorritos)
- Ketchup
- Salad dressings
- Fast food
- Frozen meals
- Canned soups
- Canned baked beans
- Seasoning blends

4. Sugar in all of its forms and all foods made with it

- White sugar
- Brown sugar
- Agave syrup
- Corn syrup

- Packed juices
- Candy
- Ready-To-Eat cereal
- Ice cream
- Low fat yogurt
- Barbecue sauce
- Spaghetti sauce
- Commercial granola
- Protein bars

5. Refined grains

- White rice
- White flour
- Bread
- Pasta
- Breakfast cereal
- Noodles
- Waffles
- Cakes
- Pizza

6. Meat or fish grilled/cooked at high temperature with dry heat. Reduce how often you use these cooking methods for meat:

- Roasting
- Broiling
- Frying
- Grilling

7. Processed meats

- Bacon
- Sausages
- Hot dogs
- Ham
- Salami
- Lunch meat
- Canned meat
- Jerky

- Corned beef
- Chicken nuggets

8. Fried food like

- French fries
- Crispy fried chicken
- Calamari
- Deep-fried fish
- Buffalo chicken
- Sesame chicken
- Fish and chips
- Mozzarella sticks
- Chicken fingers
- Popcorn
- General Tso's chicken
- Carrot chips
- Apple chips
- Banana chips
- Onion rings
- Sweet potato fries
- Potato puffs

9. Soda and other energy drinks

10. Fried, baked or roasted starchy foods

- Roasted/fried potatoes
- Roasted sweet potatoes
- Roasted pumpkin
- Baked oats
- Rice bread
- Corn bread
- Roasted butternut squash