

Foods/Nutrients that Lower CRP

Chia Seeds

3 tbsp per day

↓ CRP by

1.18 mg/L¹



Olive Oil

3.5 tbsp per day

↓ CRP by

0.99 mg/L²



Fruits & Vegetables High in Carotenoids

8 servings per day

↓ CRP by

0.4 mg/L³

(dark green leafy vegetables, carrots, peppers, etc.)



Fiber

25 g per day

↓ CRP by

0.37 mg/L⁴

(beans/legumes, nuts, whole grains, vegetables, etc.)



Berries

1 cup per day

↓ CRP by

0.33 mg/L⁵



Black Tea

1 cup per day

↓ CRP by

0.21 mg/L⁶



Exercise

150 min per week

↓ CRP by

0.26 mg/L⁷



Weight Loss

↓ CRP by

0.13 mg/L

per Kg weight loss⁸



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CRP <1.0 = low risk, 1-3 = average risk, >3 = high risk for cardiovascular disease.

Data derived from meta-analyses and RCTs, REFERENCES: 1-Karimi M et al, Nutr Metab (Lond). 2024, PMID: 39285289; 2-Vidal Damasceno J et al, Crit Rev Food Sci Nutr. 2025, PMID: 40749711; 3-Watzl B et al, Am J Clin Nutr. 2005, PMID: 16280438; 4-Jiao J et al, Int J Food Sci Nutr. 2015, PMID: 25578759; 5-Fallah AA et al, Food Chem Toxicol. 2020, PMID: 31669599; 6-Steptoe A et al, Atherosclerosis. 2007, PMID: 17010979; 7-Fedewa MV et al, Br J Sports Med. 2017, PMID: 27445361; 8-Selvin E et al, Arch Intern Med. 2007, PMID: 17210875. Dr. Mary Sco. MD, PhD©2026

Foods/Nutrients that Raise CRP

Sugar¹

Soda
Juice
Candy
Muffins
Cake
Cookies
Ice Cream
Cereals
Flavored Yogurt
Fancy Coffees



Ultra Processed Foods³

Packaged Snacks: Chips, crackers, cookies & pretzels

Ready-to-Eat/Frozen Meals: Frozen pizzas, TV dinners & instant noodles

Bakery and Sweets: Cakes, pastries, donuts & ice cream

Breakfast Foods: Sugary cereals, toaster pastries & flavored instant oatmeal

Condiments and Spreads: Margarine, jarred sauces & salad dressings

Reconstituted Meat Products: Chicken nuggets & fish sticks

Red Meat²

Beef
Pork
Lamb
Goat
Game Meat



Processed Meat⁴

Bacon
Hot dogs
Sausage
Salami
Ham
Deli Meats
Pepperoni
Beef jerky
Canned meat
Chicken nuggets



Omega-6 Fatty Acids (at very high intakes)⁵

Sunflower oil
Safflower oil
Corn oil

