

# Foods/Nutrients that Lower CRP

## Chia Seeds

**3 tbsp** per day

↓ CRP by

**1.18 mg/L<sup>1</sup>**



## Olive Oil

**3.5 tbsp** per day

↓ CRP by

**0.99 mg/L<sup>2</sup>**



## Fruits & Vegetables High in Carotenoids

**8 servings** per day

↓ CRP by

**0.4 mg/L<sup>3</sup>**

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



## Fiber

**25 g** per day

↓ CRP by

**0.37 mg/L<sup>4</sup>**

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



## Berries

**1 cup** per day

↓ CRP by

**0.33 mg/L<sup>5</sup>**



## Black Tea

**1 cup** per day

↓ CRP by

**0.21 mg/L<sup>6</sup>**



## Exercise

150 min per week

↓ CRP by

**0.26 mg/L<sup>7</sup>**



[www.nutrition-prescriptions.com](http://www.nutrition-prescriptions.com)

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

## Weight Loss

↓ CRP by

**0.13 mg/L**

per Kg weight loss<sup>8</sup>



# Foods/Nutrients that Raise CRP

## Sugar<sup>1</sup>

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



## Red Meat<sup>2</sup>

Beef  
Pork  
Lamb  
Goat  
Game Meat



## Ultra Processed Foods<sup>3</sup>

**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:**

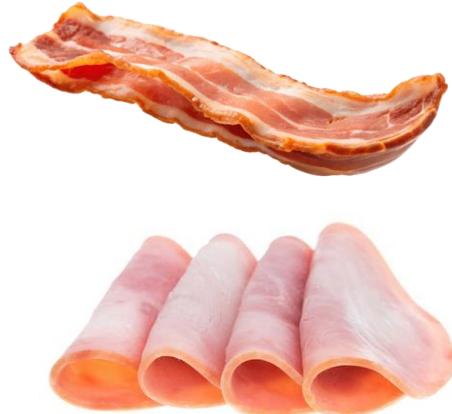
Margarine, jarred sauces & salad dressings

**Reconstituted Meat Products:**

Chicken nuggets & fish sticks

## Processed Meat<sup>4</sup>

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



## Omega-6 Fatty Acids (at very high intakes)<sup>5</sup>

Sunflower oil  
Safflower oil  
Corn oil

