Table S1 Common pro-inflammatory foods

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| **Food names** | **Reference** |
| red meat | ([1](#_ENREF_1" \o "Li, 2020 #56)) |
| processed meat |
| organ meat |
| refined carbohydrates |
| sweetened beverages |
| sweets | ([2](#_ENREF_2" \o "Preda, 2020 #57)) |
| processed food |
| high fat meat |
| fried food |
| salt |
| margarine |
| snacks |
| ice cream |
| mayonnaise |
| stuffed biscuits | ([3](#_ENREF_3" \o "Gomes de Luna Mde, 2015 #58)) |
| fried snacks |
| Artificial food dyes | ([4](#_ENREF_4" \o "Vojdani, 2015 #60)) |
| carbonated drinks | ([5](#_ENREF_5" \o "Fahim, 2016 #59)) |
| "fast" foods | ([6](#_ENREF_6" \o "Wood, 2017 #61)) |

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