

ANTI-INFLAMMATORY HEART HEALTH CHART

Daily Nutritional Reference Guide

Leafy Greens & Veggies

- Spinach & Kale **Daily**
- Broccoli & Cauliflower 3x Week
- Bell Peppers Any
- Beets Nitrate Rich
- Sweet Potatoes Fiber Source

Healthy Fats & Omega-3s

- Extra Virgin Olive Oil **Primary**
- Walnuts Small Handful
- Chia & Flax Seeds 2 tbsp
- Avocado Monounsaturated
- Salmon / Mackerel 2x Week

Fruits & Berries

- Blueberries & Raspberries **Daily**
- Strawberries Antioxidants
- Cherries Anti-Inflammatory
- Oranges Vitamin C
- Apples (with skin) Quercetin

Grains & Legumes

- Steel Cut Oats **Soluble Fiber**
- Quinoa Protein Rich
- Lentils & Chickpeas Iron/Fiber
- Black Beans Magnesium
- Brown Rice Whole Grain

Spices & Herbs

- Turmeric (with black pepper) **Daily**
- Ginger Fresh/Ground
- Garlic Allicin Rich
- Cinnamon Blood Sugar
- Rosemary Cardioprotective

Foods to Limit

- Refined Sugars **Avoid**
- Processed Meats **Avoid**

- Trans Fats / Margarine **Avoid**
- Excessive Sodium **Limit**
- Refined White Flour **Limit**

Note: Hydrate primarily with water, green tea, or hibiscus tea. Consult a healthcare provider before making significant dietary changes.