

Shopping list - Anti inflammatory foods

Many foods included in the 'Mediterranean diet' are naturally anti inflammatory and therefore excellent as we age, and especially when we are going through any stage of Menopause. Many symptoms are caused by or exacerbated by oxidative stress, causing inflammation in our gut and in our body in general. There are however, other foods not necessarily found in the Mediterranean that are also great anti oxidants and anti inflammatory. The list below is by no means exhaustive, but will give you plenty of ammunition against oxidative stress.

All of these foods contain a wealth of other nutrients and are therefore very beneficial as part of a healthy diet . Remember you don't need a lot of food - Just the right kind of food!

Vegetable	Fruits	Grains & Nuts	Oily Fish
Aubergine	Avocados	Wholegrain rice	Salmon (Wild)
Broccoli	Apples	Wild rice	Mackerel (Wild caught)
Broad beans	Apricots	Red rice	Sardines
Carrots	Blueberries	Whole rolled oats (Organic)	Anchovies
Cauliflower	Bananas	Quinoa	Tuna (Fresh line caught)
Celery	Cherries	Chia Seeds	
Chickpeas	Chilli's (Red & Green)	Pumpkin seeds	
Courgettes	Figs	Sunflower seeds	
Cucumber	Grapes	Flax seeds	
Garlic	Grapefruit (Pink or Red)	Almonds (Whole skin on)	
Ginger (Fresh)	Lemons	Brazil Nuts	
Green beans / Purple Beans	Limes	Walnuts	
Kale	Olives	Hazelnuts	
Kelp	Oranges		
Kidney Beans	Pears	Herbs & Spices :	
Kohlrabi	Plums	Black Pepper	

Lentils (Red, Green, Brown)	Pomegranate	Basil	
Lettuce	Strawberries (in season)	Cayenne	
Mushrooms		Coriander	
Onions		Cinnamon	
Parsnips		Clove	
Peas		Lavender	
Peppers (Red, Green, Yellow)		Mint	
Pinto Beans		Oregano	
Radishes		Parsley	
Rocket		Paprika	
Spinach		Rosemary	
Sweet Potato		Turmeric	
Turnips		Thyme	
Watercress			

