

The Anti-Inflammatory Grocery List

For women over 50 · most of it in the cart most weeks is a pass

WHERE IN THE STORE	IN THE CART
Produce	Berries (frozen counts), spinach, kale or arugula, tomatoes, broccoli, red onions, peppers, garlic, fresh ginger
Fish counter	Salmon, sardines, mackerel (canned versions count too); aim for fish twice a week
Middle aisles	Extra virgin olive oil, oats, beans, lentils, barley or farro, walnuts, almonds, turmeric, cinnamon, dried herbs
Drinks and treats	Green tea, coffee, dark chocolate over 70 percent
Out of the cart	Sugary drinks and juice, everyday processed meats, deep-fried anything, ultra-processed packages

The one-line version

Fish twice weekly, olive oil daily, deep-colored produce at each meal, beans and oats on repeat, nuts as the default snack, spice with a heavy hand, and processed foods move from daily to occasionally.