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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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ANTI-INFLAMMATORY DIET- TOP TEN SUPERFOODS

- 1) SALMON FISH:** Wild caught , Pacific : eat a” palm” size portion 2-3 X per week

- 2) OLIVE OIL**

- 3) APPLES:** an apple a day keeps the doctor away and granny smith apples are the best!

- 4) DARK CHOCOLATE:** consume 100 grams either cocoa powder or dark chocolate with at least 70 % cocoa a few times a week.

- 5) GREENS (LEAFY AND SALADS):** unlimited amounts of spinach, swiss chard, kale, mustard greens, collard greens and leaf lettuce (except iceberg) to name a few.

- 6) FLAX SEED**

- 7) NUTS:** all kinds, but don't go nuts with nuts as it is calorie dense!

- 8) COFFEE:** be careful if you have anxiety, high blood pressure or heart rhythm problems, but for the most part it is a good thing!!

- 9) Broccoli and other Cruciferous vegetables**

- 10) Artichokes**

Source: Gerald Mullin MD and Andrew Weil MD