Anti-Inflammatory Diet for Post-COVID-19

Choosing a balanced diet during COVID-19 recovery is essential to nourish your body. Eating a diet rich in antioxidants, fiber, phytochemicals, and Omega 3 fats can help support the immune system and lower inflammation after COVID-19.

**Include foods to help lower inflammation**

- Fruits and vegetables (especially berries, citrus fruit, leafy greens, and cruciferous vegetables)
- Whole grains (quinoa, bulgur, barley, brown rice, whole wheat products, oats)
- Legumes (garbanzo beans, black beans, kidney beans, lentils)
- Nuts and seeds (almonds, pistachios, walnuts, flax seed, chia seed)
- Fatty fish (salmon, sardines, tuna, mackerel) – aim for 2–3 servings per week
- Unsaturated fats (olive oil, canola oil, avocado)
- Spices and herbs (turmeric, ginger, garlic)
- Low fat dairy (plain Greek yogurt, Kefir, low-fat milk)

**Limit foods that contribute to inflammation**

- Processed meat (bacon, sausage, deli meat, chicken nuggets)
- Fried food (fries, fried chicken)
- High sugar food (soda, sweet tea, juice, dessert)
- Refined carbohydrates (white bread/pasta)
- Saturated fat (butter, shortening, red meat, full fat dairy)

**Need help making dietary changes?**

Ask your UT Health provider for a referral to meet with a Registered Dietitian for personalized support.
<table>
<thead>
<tr>
<th>MEAL/SNACK</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Oatmeal with apple, walnuts, chia seed, and cinnamon</td>
<td>Whole wheat toast, avocado, egg, and an orange</td>
<td>Greek yogurt parfait with berries, low sugar granola, flax seed, and chia seed</td>
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<tr>
<td>Snack</td>
<td>Low fat plain Greek yogurt with berries</td>
<td>Hummus and carrots/celery</td>
<td>Apple with peanut butter</td>
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<tr>
<td>Lunch</td>
<td>Burrito bowl : black beans, corn, tomatoes, avocado, lettuce, bell pepper, onio</td>
<td>Tuna sandwich on whole wheat bread and a tomato cucumber salad</td>
<td>Black bean burger with avocado and a side of broccoli</td>
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<tr>
<td>Snack</td>
<td>Handful of nuts</td>
<td>Strawberries and handful of nuts</td>
<td>Whole wheat pita with tzatziki sauce</td>
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<tr>
<td>Dinner</td>
<td>Salmon, quinoa, sautéed kale and spinach with olive oil</td>
<td>Ginger tofu stir fry with brown rice, snap peas, broccoli, carrots, and bell peppers</td>
<td>Salad bowl: chicken breast, kale, spring mix, tomatoes, sweet potato, pumpkin seeds, feta cheese, and vinaigrette dressing</td>
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</tbody>
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**Additional lifestyle factors that decrease inflammation in the body include:**

- Daily exercise, but avoiding overexertion (goal is to gradually build to 150 minutes per week with increasing intensity as tolerated)
- Managing stress
- Not smoking and limiting alcohol
- Sleeping 7-9 hours a night (please talk to your doctor if long-COVID has disrupted your sleep pattern)

**Additional resources**

**Cookbooks:**

**Online recipes:**
- The Mediterranean Dish https://www.themediterraneandish.com/recipes/
- Cooking Light https://www.cookinglight.com/food/anti-inflammatory-recipes