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Foods for Healthier Joints

Vegetables

1. Bell Pepper
2. Bok Choy
3. Broccoli
4. Cauliflower
5. Celery
6. Collard Greens
7. Egg Plant
8. Garlic
9. Ginger
10. Kale
11. Leeks
12. Onion
13. Shallots
14. Spinach
15. Squash
16. Sweet Potato

Fruits

17. Avocado
18. Apricot
19. Blackberries
20. Blueberries

21. Cherries
22. Grapefruit
23. Grapes
24. Lime
25. Mango
26. Orange
27. Papaya
28. Pineapple
29. Raspberries
30. Strawberries
31. Tangerine

Protein

32. Edamame
33. Herring
34. Kidney Beans
35. Mackerel
36. Pinto Beans
37. Salmon
38. Sardines
39. Soybeans
40. Tofu
41. Trout
42. Tuna

Nuts & Seeds

43. Almonds
44. Flaxseeds
45. Pine Nuts
46. Pistachios
47. Walnuts

Grains

48. Brown Rice
49. Oatmeal

Healthy Oils

50. Avocado Oil
51. Olive Oil
52. Safflower Oil

Liquids

53. Almond Milk
54. Green Tea
55. Water



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