



## 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)

### Need help making dietary changes?

Ask your UT Health provider for a referral to meet with a Registered Dietitian for personalized support.

### 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)

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MEAL/SNACK	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	Oatmeal with apple, walnuts, chia seed, and cinnamon	Whole wheat toast, avocado, egg, and an orange	Greek yogurt parfait with berries, low sugar granola, flax seed, and chia seed
<b>Snack</b>	Low fat plain Greek yogurt with berries	Hummus and carrots/celery	Apple with peanut butter
<b>Lunch</b>	Burrito bowl : black beans, corn, tomatoes, avocado, lettuce, bell pepper, onion	Tuna sandwich on whole wheat bread and a tomato cucumber salad	Black bean burger with avocado and a side of broccoli
<b>Snack</b>	Handful of nuts	Strawberries and handful of nuts	Whole wheat pita with tzatziki sauce
<b>Dinner</b>	Salmon, quinoa, sautéed kale and spinach with olive oil	Ginger tofu stir fry with brown rice, snap peas, broccoli, carrots, and bell peppers	Salad bowl: chicken breast, kale, spring mix, tomatoes, sweet potato, pumpkin seeds, feta cheese, and vinaigrette dressing

### 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:

- Calimeris, Dorothy, and Lulu Cook. *The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System*. Rockridge Press, 2017.
- Ball, Serena, and Deanna Segrave-Daly. *The 30-Minute Mediterranean Diet Cookbook: 101 Easy, Flavorful Recipes for Lifelong Health*. Rockridge Press, 2018.

#### Online recipes:

- The Mediterranean Dish <https://www.themediterraneandish.com/recipes/>
- Cooking Light <https://www.cookinglight.com/food/anti-inflammatory-recipes>
- Abra's Kitchen <https://abraskitchen.com/healthy-and-delicious-anti-inflammatory-recipes/>