



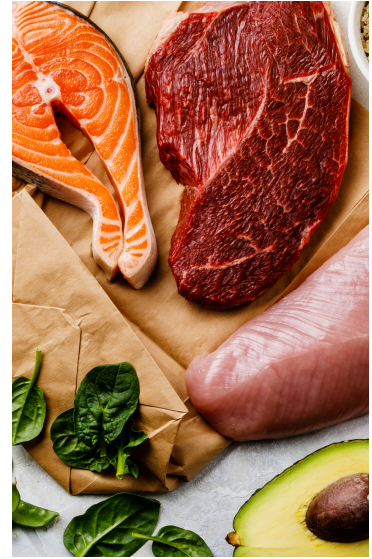
# NUTRITION PROTOCOL

FOR MYOCARDITIS  
PATIENTS



# FOODS TO PRIORITIZE

For individuals affected by myocarditis, it's important to focus on nutrient-rich, heart-healthy foods that help reduce inflammation and support overall cardiovascular function. Lean proteins like chicken, turkey, and fatty fish such as salmon, mackerel, and sardines are excellent choices, as they provide essential amino acids for muscle repair while contributing beneficial omega-3 fatty acids to the diet. Omega-3s are especially valuable for their anti-inflammatory properties, and additional sources include flaxseeds, chia seeds, walnuts, and algae oil.



Incorporating a variety of colorful fruits is also beneficial, particularly antioxidant-rich options such as blueberries, strawberries, cherries, oranges, and pomegranates. These fruits help reduce oxidative stress and inflammation. Similarly, vegetables, especially leafy greens like spinach, kale, and arugula, along with cruciferous vegetables like broccoli, cauliflower, and brussels sprouts, are loaded with anti-inflammatory compounds and should feature prominently in your meals.



Whole grains, such as quinoa, brown rice, oats, and barley, are preferred over refined grains to help maintain stable blood sugar levels and promote heart health. Healthy fats from sources like olive oil, avocado, almonds, walnuts, and seeds (including flax and chia) should be included in the diet to provide heart-protective benefits.

Additionally, plant-based proteins from legumes like lentils, beans, and chickpeas offer fiber and nutrients that promote overall health without increasing inflammation. Herbs and spices such as ginger, turmeric, garlic, and cinnamon are not only flavorful but also have natural anti-inflammatory properties that can enhance your meals. Finally, staying well-hydrated is essential for heart health, so prioritize water, herbal teas, and anti-inflammatory beverages like green tea throughout the day.

# FOODS TO AVOID

## Processed Foods

Avoid highly processed foods such as packaged snacks, fast food, and sugary cereals. These often contain unhealthy fats, preservatives, and additives that can worsen inflammation.

## Trans Fats

Found in some fried foods, commercial baked goods, and margarine, trans fats raise bad cholesterol levels and increase the risk of heart problems.

## Refined Carbohydrates

White bread, pastries, and sugary snacks can spike blood sugar levels, leading to increased inflammation.

## Excessive Sugar

Sugary drinks (sodas, energy drinks), candy, and desserts should be minimized to avoid triggering inflammation and heart strain.

## High-Sodium Foods

Processed meats, canned soups, and salty snacks should be limited, as excess sodium can contribute to high blood pressure and heart problems.

## Excessive Red and Processed Meats

These can be high in saturated fats and chemicals that promote inflammation, so limit them in favor of leaner protein sources.

## Alcohol

Limit or eliminate alcohol consumption as it can exacerbate inflammation and heart strain.





# FOODS THAT HELP FIGHT INFLAMMATION



A variety of foods have been shown to actively reduce inflammation, which is crucial for those with myocarditis. Fatty fish like salmon, sardines, and mackerel are particularly high in omega-3 fatty acids, specifically EPA and DHA, which have been demonstrated to lower inflammation and support heart health. Berries, such as blueberries, strawberries, and raspberries, are packed with antioxidants like anthocyanins, which help neutralize free radicals and reduce inflammation throughout the body.

Leafy greens, including spinach, kale, and swiss chard, are excellent sources of polyphenols and antioxidants, making them powerful allies in the fight against inflammation. Nuts and seeds, such as almonds, walnuts, flaxseeds, and chia seeds, provide healthy fats, fiber, and anti-inflammatory compounds that are beneficial for heart health. Olive oil, particularly extra virgin olive oil, is another important addition to the diet, as it contains oleocanthal, a compound with anti-inflammatory effects similar to ibuprofen.

Spices such as ginger and turmeric are also potent anti-inflammatory agents, known for their high concentrations of antioxidants and bioactive compounds. Drinking green tea can further support heart health due to its rich content of catechins, especially epigallocatechin gallate (EGCG), which helps reduce inflammation. Finally, tomatoes, which are high in lycopene, offer another excellent source of antioxidants that reduce inflammation and support cardiovascular health.