



Produce Prescription Pad

Patient Name: _____ Date: _____

Foundational Anti-Inflammatory Diet

Consume the following daily:

- 1 cup cruciferous vegetables (e.g., broccoli, cauliflower, cabbage, Brussels sprouts)
- 2 cups leafy greens (e.g., spinach, kale, collards, arugula, chard, mesclun)
- 1/2 cup dark berries (e.g., blueberries, raspberries, cherries, strawberries, pomegranate)

+ Add-On Prescriptions (Choose based on patient needs)

Blood Pressure & Circulation

- + 1/2 medium beet or 1/4 cup beet juice
- + 1 potassium-rich fruit (banana, kiwi, orange)
- Continue leafy greens for dietary nitrates
- Reduce salt, use herbs/spices

Emotional Wellness

- Follow Brain Health add-on
- Reduce/eliminate ultra-processed foods
- Stay hydrated: 6–8 cups of water/day

Brain Health

- + 1 tbsp ground flaxseed or chia seed
- + 5–7 walnut halves
- + 1/2 cup cooked legumes (lentils, chickpeas)
- + Small handful fermented vegetables or 2 tbsp plain yogurt
- + 1/4 tsp turmeric (with black pepper) or cinnamon

Microbiome Health

- Increase diverse high-fiber vegetables and fruits
- Include fermented foods (kimchi, sauerkraut, yogurt with live cultures)
- Avoid unnecessary antibiotics and processed foods
- Stay hydrated to support gut motility

Diabetes / Metabolic Health

- + 1/2 cup legumes/beans
- + 1/4 tsp cinnamon
- Favor low-glycemic index fruits
- Avoid added sugars and refined starches

Additional Notes / Modifications:
