

Angiogenesis food list that enhances formation of new blood vessels and builds immune system

Fruits:

Apples /Blackberries/ Blueberries / Cherries/Clementines /raspberries/Graprefruit/Lemons/Nectarines/  
Oranges/ Peaches/Pomegarntes / Raspberries / Red Grapes / Strawberries/ Tomatoes/Pineapple/

Herbs & Spices

Basil / Black pepper / Cilantro / Cinnamon / Cloves / Cocoa powder / Flax seeds / Garlic / Ginger /  
Ginseng/ Lavender / Licorice root / Nutmeg / Oregano / Parsley / Rosemary /Tarragon / Thistle / Thyme  
/Turmeric

Vegetables

Artichokes / Beets / Bok choy / Broccoli / Brussel sprouts / Cabbages (Red, Savoy, White) / Carrots /  
Cauliflower / Chard / Collard Greens / Endives / Fennel / Garlic / Kale / Mustard greens / Olives / Onions  
/ Peas / Parsnips / Peppers / Pumpkins /Radishes /Salsify / Scallions / Shallots / Soybean sprouts /  
Spinach / String beans / Sweet potatoes /Tomatoes/Turnips and their tops / Watercress / Winter  
squashes (acorn, butternut)/Sea cucumber/arugula, beet greens, horseradish, kohlrabi,

Oils & Sauces & Condiments

Honey / Maple syrup / Olive Oil/ Soy Sauce

Mushrooms

Enoki mushrooms / King oyster mushrooms / Maitake mushrooms / Matsutake / mushrooms / Oyster  
mushrooms / Reishi mushrooms / Shiitake mushrooms

Legumes & Nuts & Beans

Almonds / Cashews / Chestnut / Edamame / Lentils / Lima beans / Pine nuts / Sword jackbean / Tofu  
(Soft/Firm/Dried) / Natto/ Walnuts

Dairy

Gouda Cheese / Jarlsberg Cheese / Emmenthal Cheese / Edam Cheese / Yogurt

Beverages & Soups

Apple Cider / Cocoa Powder / Coffee / Green tea / Miso / Red & white wine / Soy Milk /

Sweets

Chocolate// Honey / Maple syrup