

Vein-Friendly Grocery List

Head to the grocery store with this list! These foods boost circulation and vein health, helping to relax veins, reduce inflammation, and prevent damage, lowering the risk of developing varicose veins and spider veins.

Fruits:

- ☐ Citrus (oranges, grapefruit, lemons, limes)
- ☐ Berries
- ☐ Bananas



Omega-3 Rich Food & Proteins:

- ☐ Fatty Fish (tuna, mackerel, salmon)
- ☐ Yogurt
- ☐ Shiitake Mushrooms



Vegetables:

- ☐ Beets
- ☐ Dark Leafy Greens (spinach, kale, arugula)
- ☐ Onions



Spices and Herbs:

- ☐ Garlic
- ☐ Cayenne Pepper
- ☐ Turmeric
- ☐ Ginger



Grains and Legumes:

- ☐ Oats
- ☐ Nuts (walnuts, almonds)



Drinks:

- ☐ Pomegranate Juice
- ☐ Green and Black Tea
- ☐ Orange Juice
- ☐ Beetroot Juice

