



Anti-Angiogenic Shopping List

Foods That Support Healthy Angiogenesis Balance

Just Breathe – Lifestyle Medicine with Julie

What Is Angiogenesis?

Angiogenesis is the process by which the body forms new blood vessels. In healthy situations, this is essential for growth, repair, and wound healing. However, when angiogenesis becomes dysregulated, it can contribute to disease processes. For example, tumours may stimulate excess blood vessel growth to support their expansion, and adipose (fat) tissue relies on angiogenesis as it enlarges.

Anti-angiogenic foods contain naturally occurring compounds that help support the body's ability to regulate angiogenesis, promoting balance rather than excess.

The Shopping List

Vegetables

- **Tomatoes** – Rich in lycopene, especially when cooked
- **Cruciferous vegetables** – Kale, bok choy, broccoli, cauliflower
- **Artichokes** – Contain luteolin and cynarin
- **Pumpkin** – High in carotenoids
- **Mushrooms** – Maitake, shiitake, reishi, and button mushrooms

Fruits

- **Berries** – Strawberries, raspberries, blueberries, blackberries (ellagic acid, anthocyanins)
- **Stone fruits** – Peaches, plums, cherries, apricots
- **Citrus fruits** – Oranges, grapefruit, lemons (hesperidin)
- **Apples** – Particularly red varieties and Granny Smith (polyphenols)

Proteins & Fats

- **Fatty fish** – Salmon, mackerel, sardines (omega-3 fatty acids)
- **Nuts & seeds** – Walnuts, flaxseeds, chia seeds, pumpkin seeds
- **Extra-virgin olive oil** – Rich in oleocanthal

Herbs, Spices & Teas

- **Green tea** – High in EGCG
- **Turmeric** – Contains curcumin
- **Ginger** – Contains gingerols
- **Cinnamon** – May support blood sugar regulation and vascular balance
- **Dark chocolate** – 70% cocoa or higher (flavanols)

Julie's Recommendation

Focus on dietary diversity. Including a variety of plant-based foods across meals provides a broad spectrum of bioactive compounds that work synergistically to support healthy cellular and vascular regulation.

Disclaimer

This guide is for educational purposes only and does not constitute medical advice.

Learn More About Cellular Balance

Angiogenesis and inflammation are closely linked to **oxidative stress**. When your cells are in balance, your body can better regulate these processes.

[Discover how Redox Signaling supports cellular balance and resilience →](#)