Georgia Spine Institute

Dr. Desai's Anti-Inflammatory Diet Guide

Reduce pain. Support healing. Reach a healthier weight.



Parth Desai, MD
Orthopedic Spine Surgeon
404-222-2030
georgiaspine.com

✅ Eat more of these

Fatty fish	Salmon, sardines, mackerel, trout, 2–3 times a week.
Dark leafy greens	Spinach, kale, collards, arugula.
Berries	Blueberries, strawberries, blackberries.
Nuts & seeds	Walnuts, almonds, chia, flax. A small handful a day.
Extra-virgin olive oil	Use it as your everyday cooking and dressing oil.
Broccoli & cruciferous veggies	Broccoli, cauliflower, cabbage, Brussels sprouts.
Turmeric & ginger	Add black pepper to turmeric so your body absorbs it.
Beans & lentils	Fiber and plant protein. Steady blood sugar.

🚫 Limit or avoid

PRIMARY TRIGGERS: CUT THESE FIRST

Added sugar & sweet drinks	Soda, sweet tea, juice, energy drinks, candy. The #1 driver of inflammation.
Refined carbohydrates	White bread, pastries, chips, white rice.
Fried & ultra-processed foods	Fast food, packaged snacks, margarine.

SECONDARY TRIGGERS: REDUCE

Processed meats	Bacon, sausage, deli meat, hot dogs.
Alcohol	Less is better. None is best while you heal.

Why weight matters for your spine

Extra body fat keeps the whole body inflamed. Losing even 5–10% of your weight lowers inflammation, takes load off your spine, and improves pain and recovery.

Daily action plan

1 Drink water
Make water your default. No soda or sweet tea.

2 Swap your oil
Olive or avocado oil instead of butter or vegetable oil.

3 Go for color
Half your plate vegetables and fruit.

4 Snack smart
Nuts, berries, or Greek yogurt instead of chips or sweets.

5 Read labels
Under 25 g of added sugar a day. One soda has 39 g.

6 Walk after meals
10 minutes after eating lowers blood sugar spikes.

For educational purposes only; not a substitute for medical advice. Talk with Dr. Desai or your doctor before major diet changes, especially if you have diabetes, kidney disease, or take blood thinners (leafy greens can affect warfarin).