

## Anti-Angiogenic Foods

- ☐ Several fruits such as berries, citrus fruits, apples, cherries, and grapes
- ☐ Red wine or resveratrol
- ☐ Vegetables such as kale, bok choy, artichokes, and parsley
- ☐ Spices such as turmeric and nutmeg
- ☐ Oils such as grape seed oil and olive oil
- ☐ And lastly, “la pièce de resistance,” dark chocolate