



# *Renew* **YOUR JOINTS**



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## INTRODUCTION

Maintaining an active lifestyle, making wise food choices, and committing to proper sleep hygiene all contribute to feelings of vitality, free from chronic aches and pains.

Finding an activity you enjoy and will do regularly, setting a nighttime routine to relax and unwind into a restful sleep, and loading up on antioxidant-rich foods each day make all the difference between an exhausted or an energized life.

It's essential to consider the various pillars of health to compose a holistic approach that supports your multiple needs, and a great place to start is with your diet.

The foods we eat have a significant impact on how we look and feel, and eating an alkaline-producing diet abundant in organic, whole foods is the perfect plan to reduce inflammation in the body on a low-carb, high-fat diet.

So, if the thermogenic benefits of keto have you stoked but you equally care about eating an antioxidant-rich diet that cuts out inflammatory foods and thwarts disease, stick around and read this brief yet informative guide completely for some crucial tips.







## The Mediterranean Mindset

Some staples of a Mediterranean diet, like beans and legumes, are options worth passing on while eating a keto diet. However, many foods commonly found within the eating style are low in carbs and brimming with healthy fats, like olive oil and omega-3-rich fish, which aid in soothing and maintaining supple joints.

Plus, the combination of cooked tomatoes with a hearty drizzling of olive oil serves as an anti-inflammatory powerhouse that supports optimal heart health in addition to reducing oxidative stress.

Also, popular freestyle meal options, like charcuterie, serve as the perfect platter to serve up a spontaneous meal of sliced cured slivers of delicate prosciutto, smoked cheese, olives, peppers, and an endless selection of decadent dips!

# Nuts and Seeds

Nuts and seeds are abundant in nutrients and store well long-term, making them excellent pantry fillers. And their fat and protein profiles are often perfect for those following a low-carb, high-fat diet.

Whether blended into luxurious kinds of butter or creamy plant-based milk to use in a wide variety of recipes, be sure to secure the following selections to aid in protecting and promoting joint health and appetite satiation this season and beyond.

These delicious options are fantastic to toss atop a nourishing overnight chia pudding or incorporate into a sweet or savory keto trail mix. Enjoy:

- **Almonds:** Along with making for the perfect pod to create plant-based milk and butter, almonds are potent providers of fiber, zinc, calcium, magnesium, Vitamin E, and omega-3 fats, which provide a compounded antioxidative effect.
- **Pili Nuts:** Cashews may hold the top spot for the most buttery nuts available in the minds of many, but as delicious as they are, they have some competition. Pili nuts are the fattiest and most buttery nuts with the highest magnesium content and lowest carb macros of all the keto-friendly nuts.

But the pili nut is much more than a decadent snack; it's packed with antioxidants that neutralize the threat of free radicals in the body that cause a wide range of conditions from heart failure and cancer to cognitive disorders and other degenerative diseases

- **Walnuts:** Rich in ALA, walnuts provide the most robust omega-3 fatty acid profile of any commonly-found option available. Plus, walnuts lower C-reactive protein (CRP), an inflammation marker associated with increased cardiovascular disease and arthritis risk.





Plus, walnuts contain the highest levels of antioxidants of any other nut. So, eating walnuts as a part of your staple ingredients throughout the week aids in eliminating inflammation and reducing overall cholesterol levels

- **Pecans:** These pods are not just for candying or adding them to pies; they contain vital heart-healthy minerals like copper and manganese that improve metabolic health and protect the heart against free radical damage.
- **Chia Seeds:** Adding these unique seeds to your keto meal plan has many benefits. They're a fantastic base for overnight pudding and work equally well in recipes as an egg replacement or binder.

In addition to its many uses in the kitchen, chia seeds are rich in anti-inflammatory ALA. And its caffeic acid content aids in warding off oxidative damage to cells and vital tissues, protecting you from the ailments associated with chronic stress.

- **Flaxseeds:** These gelatinous seeds can be an excellent plant-based egg replacement, or the whole hulled seeds work well in keto 'oatmeal' recipes and baking flour mixes.

Plus, its pure pressed oil is rich in antioxidants to combat pesky pathogens and reduce oxidative damage to prevent illness and disease.

Furthermore, these seeds harness the production of pro-inflammatory cytokines and lipid mediators, reducing the body's inflammatory responses—preventing cellular and tissue damage.

- **Hemp Seeds:** These versatile, non-psychoactive seeds provide a generous portion of gamma-linolenic acid (GLA), a polyunsaturated fat, to eliminate inflammation.

Plus, the omega-3 fatty acids found in this complete protein, as well as its favorable omega-3 to omega-6 ratio, make it an ideal food to incorporate into your low-carb meal plan without reservation.

- **Pine Nuts:** Pesto is perfected with the aid of these precious pods, native to the United States, Europe, and parts of Asia, because pine nuts contain loads of healthful antioxidants shown to improve blood flow to the brain, support optimal cognitive function, and reduce cellular stress.





## Coldwater Fish

Whether raw or smoked, freshwater fish are an excellent menu selection for anyone following an anti-inflammatory keto diet. In addition, consider dining on the following marine choices to satiate your body with filling fat and heart-healthy omega-3 fatty acids that aid in reducing inflammation and free radical damage:

- **Salmon:** It's possible to derive omega-3s from plant-based sources, but that provided by salmon is ideal as it's rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) omega-3s and fantastic for boosting the health and function of the lungs, heart, and brain.
- **Mackerel:** These fatty fish are an excellent source of vitamin D, a nutrient that's often more difficult to derive from foods, along with B12, which help mitigate oxidative stress and reduce the risk of developing a variety of diseases.

- **Sardines:** The Arthritis Foundation suggests eating three to four ounces of nutrient-rich fish like sardines, at least twice a week, to benefit from the heart-protective nature of this anti-inflammatory fatty fish.
- **Tuna:** Including this option into your keto meal plan is easy on the budget and a selection that's highly accessible—even at stores like CVS or rest stops—if you're looking for low-carb food with healthy oils to help you feel fuller longer when on the go.
- **Black Cod:** Wild-caught cod is brimming with heart-protective omega-3s that also aid in soothing the joints and preventing chronic aches and pains. Plus, consuming cod liver oils is a speedy way to support joint health and reduce pain and inflammation in the body with a convenient daily supplement.
- **Haddock:** Feast on this filet for a mineral-rich selection abundant in various essential amino acids like tryptophan, leucine, lysine, threonine, isoleucine, methionine, phenylalanine, valine, and histidine.
- **Tilapia:** While tilapia's carbohydrate and calorie macros are ideal on keto, its omega-3 to omega-6 ratio is higher than other marine selections shared above. Plus, this option provides lower levels of the coveted omega-3 fatty acids we seek to help satiate the appetite and soothe the joints.

Enjoying this option on a low-carb diet is perfectly fine, but reach for its fattier counterparts to mitigate inflammation and promote healthier cholesterol levels before tilapia; they're more nutrient-dense options.



- **Flounder:** You can build upon this lean fish with a creamy and fatty sauce to boost its keto macros, and this low-calorie fish offers a significant supply of magnesium, phosphorus, and B vitamins to prevent inflammation and subsequent cellular damage.

Crafting a meal plan plentiful in fatty, nutrient-rich fish is a fantastic approach to adding nutritious proteins to your low-carb, high-fat program.

## Fish Oil

Fish oil is abundant in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—fatty acids linked to reducing inflammation. Plus, this pair helps prevent the pain and swelling some experience when in a chronically-oxidative state.

Consult with your doctor and consider adding a dose of 2.7 grams of omega-3 (EPA plus DHA) daily to reduce joint inflammation and other symptoms of conditions like rheumatoid arthritis if issues persist despite dietary adjustments.



# Fruit

Various berries land lower along the glycemic scale and blend perfectly into any low-carb meal plan. Plus, strawberries, blueberries, and blackberries contain an abundance of antioxidants and anti-inflammatory benefits.

Berries possess plant pigment phytochemicals, like anthocyanins and ellagic acid, which provide a bounty of health benefits along with filling fiber and bone-building vitamin C.

Eating loads of low-glycemic fruits and veggies, along with ample amounts of healthy fats, can soothe inflammatory conditions like rheumatoid arthritis, metabolic syndrome, and lupus.

So, pack your cart full of some of the following fruits to control carbohydrate intake while consuming foods that limit inflammation and disease:

- Avocado
- Raspberries
- Blackberries
- Strawberries
- Blueberries
- Lemons
- Limes

Blend a nutritious smoothie using some of the anti-inflammatory fruits shared above and begin the day with a burst of energy and added joint support.







## Ginger

You may sip ginger tea to quell a tummy ache or add it to dishes to deliver a unique kick. Still, ginger is also a fantastic anti-inflammatory that aids in reducing swelling, which is especially helpful for countering symptoms of conditions like rheumatoid arthritis and osteoarthritis.

Plus, ginger contains antioxidants and antibacterial chemicals that mitigate nausea, especially morning sickness, and can help with regulating numerous health issues like indigestion, high cholesterol, and dementia.

Plus, gingerol is a potent element found in ginger that can help fight infections. Subsequently, ginger is protective as it inhibits the growth of harmful bacteria, including oral pathogens linked to gingivitis and periodontitis.

# Broccoli

Combine these flavorful florets with melted dairy-free cheese sauce for a comforting, anti-inflammatory dish that's rich in sulforaphane, which reduces your levels of cytokines and other molecules that drive inflammation in your body.

Plus, broccoli is a cruciferous vegetable, like kale and cauliflower. These veggies offer several health benefits, like a reduced risk of cancer, thanks to their rich glucosinolates content—along with significant levels of flavonoids, vitamins, and mineral nutrients.

So, eating a low-carb, high-fat diet filled with antioxidative elements is a wise decision to support healthy—and often rapid—weight loss while tamping out inflammation and its resulting adverse effects.







## Berries

Those who advise us to “eat the rainbow” are fans of loading up on deeply-hued berries, bursting with antioxidants and rich in many vitamins and nutrients.

Plus, raspberries, blackberries, and blueberries provide perfect keto macros while rich in potent plant compounds, like anthocyanins, ellagic acid, and resveratrol, that help control free radical activity and damage, safeguarding your cells to reduce the risk of disease.

Although eating certain fruits is not advised on a keto diet. Enjoying bowls of low-glycemic berries may help regulate blood sugar and insulin levels rather than spike them—helping to stabilize your energy levels and fine-tune your hunger signals to reduce or eliminate cravings.

Plus, berries are rich in fiber and help you feel fuller for longer. Layer fresh berries into an overnight chia pudding parfait, sprinkled with sliced almonds and unsweetened coconut flakes, for a nutrient-dense and filling option you can make ahead and enjoy throughout the week.

# Walnuts

Several nuts, like pecans, and walnuts, are keto-friendly and loaded with anti-inflammatory compounds that benefit brain health. Plus, walnuts are rich in fiber, calcium, magnesium, zinc, Vitamin E, and omega-3 fats, making them an ideal option to keep stocked in your keto pantry.

Plus, walnuts offer a higher concentration of omega-3s than most other nuts, which has an antioxidative effect and reduces the risk of coronary inflammation and resulting heart disease.

Also, walnuts aid in boosting immunity, reducing inflammation, supporting weight loss, fortifying hair health, and helping prevent the risk of cancer. Besides, adding a handful of these hearty nuts to a keto trail mix or the base of a low-carb faux meat medley throughout the week is enough to gain the health benefits of this nutrient-dense nut by eating hassle-free recipes you love.







## Spinach

Dark leafy greens are a fabulous food to pile high on your low-carb plate; it's abundant in cell-soothing antioxidants along with vital nutrients like vitamin A, vitamin C, and antioxidant flavonoids such as lutein, zeaxanthin, and beta carotene.

Although spinach contains loads of nutrients, it's also fiber-filled, and consuming large amounts may lead to gas, cramping, and digestive discomfort, so experiment to test your tolerance.

Diversify cooked and raw leafy greens to make it easier on your digestion while enjoying all the nutritional benefits that spinach brings—like Vitamin K, iron, folate, and potassium.

Emerging studies share that the optimal benefits are derived from blending or juicing to preserve the full spectrum of nutrients, unaffected by heating, and allows for a dense dose of nutrients while moderating fiber intake.

Plus, the nutrient profile of spinach aids in reducing inflammation in many ways:

- **Vitamin A.** Spinach is rich in carotenoids that the body converts to vitamin A to support normal vision, the immune system, and healthy reproduction.
- **Vitamin C.** This vitamin is a potent antioxidant that supports skin health and optimal immune function.
- **Vitamin K1.** This vitamin facilitates blood clotting, a necessary element in natural healing.
- **Folic acid.** Also known as folate or vitamin B9, this compound is essential for pregnant women and critical for proper cellular function and tissue generation.
- **Iron.** Spinach is a fantastic source of this vital mineral. Iron helps produce hemoglobin, which oxygenates your body's cells and tissues to support healthy functioning.
- **Calcium.** This mineral is necessary for bone health and an essential signaling molecule supporting your nervous system, heart, and muscles.

## Cruciferous Veggies/Brassica Vegetables

Veggies within these families are identified by their high concentrations of polyphenol compounds and vitamin C. Selections like Brussels sprouts, kale, and broccoli are phenomenal antioxidant activity sources and fantastic to consume to support supple joints and limbs.



Stick to the following veggie options on keto to keep carbs under control:

- Broccoli
- Kale
- Cabbage
- Brussels Sprouts
- Cauliflower
- Kohlrabi
- Turnips
- Collard Greens
- Mustard Greens

Plus, brassica veggies contain phytochemicals, which occur naturally in plants and have various health benefits for our bodies.

However, you may want to limit cruciferous veggies if you have thyroid issues. These veggies contain thiocyanates, blocking iodine absorption and potentially disrupting proper glandular function.





## Olive Oil

Finding opportunities to drizzle cold-pressed olive oil over our meals is an excellent way to reduce inflammation and add healthy fats into our meal plan. Plus, the antioxidant compounds in quality olive oil protect cell membranes—limiting oxidative, mitochondria, and DNA damage and promoting anti-aging.

Also, the oils' phenolic compounds have a potent antioxidant effect—supporting heart health and providing ample amounts of oleic acid, linoleic acid, and essential polyunsaturated fatty acids, which aid in maintaining healthy joints and eliminating inflammation in the body.

Add olive oil over a salad for a simple dressing with loads of health benefits, or use extra virgin olive oil in soups and keto-friendly dips like pesto and eggplant to find creative and delicious ways to get your regular servings of healthy fats and joint-soothing antioxidants throughout the week.

Plus, loyalists of the Mediterranean diet are committed to incorporating olive oil, preferably paired with lycopene-rich tomatoes, as a centerpiece of their well-researched heart-healthy diet, and their affinity is well-deserved. The health benefits of consuming this nutrient-dense polyunsaturated fat are long-established and reflected in the lengthy lifespans of those who consume this premium oil regularly.





## Bone Broth

Traditionalist cooks and homesteaders have hailed this grass-fed broth an elixir. Using everything, storing food for long-term keep, and extracting maximum nutrition from all food at your disposal is imperative to make the most of your resources.

Ask your local butcher for grass-fed bone scraps, or source some from the meat freezer section at Whole Foods—using gelatinous chicken feet along with beef bones to boost collagen, if possible—and make batches of homemade broth in your Instant Pot or slow cooker.

This liquid gold is a fabulous option to prepare to help replenish your mineral levels throughout the day, as this nourishing beverage is brimming with the electrolytes we need at higher levels when following a low-carb, high-fat diet.

An increased loss of fluids, minerals, and vitamins is common on keto. As our ketone levels increase, the body generally flushes out fluids and nutrients at higher rates as our systems shift toward primarily relying on fat for fuel (a.k.a., fat-adaptation).

Plus, bone broth is easy to can and store long-term, so you'll always have a nutrient-rich broth to blend into soups and stews or sip solo with a dash of electrolyte-rich sea salt for a quick and easy keto meal.

# Root Veggies and Garlic

Adding flavorful white root veggies, like onions and garlic, can elevate a basic keto meal to the level of greatness. But these tasty and slightly sweet vegetables provide a potent antioxidative benefit and have long been ingredients in homemade remedies and food-based elixirs for common ailments.

Experiment with light and crisp vegetables like leeks and hearty turnips and radishes in your meal plan rotation with delightful and beginner-friendly keto recipes, like our Keto Ridiculously Loaded Radishes.

Also, low-glycemic root vegetables like celery make a perfect base for keto PB&J boats or a touch of texture in a creamy keto chicken salad. Plus, celery is abundant in antioxidants and nutrients, and it offers impressive health benefits, like enhanced digestion, improved bone and heart health, and potential anticancer effects.







## Red Peppers

Adding colorful peppers brightens any keto meal; plus, they're rich in antioxidants with minimal starch—perfect for any low-carb diet. Also, bell peppers contain significant amounts of capsaicin, known to help eliminate inflammation and potentially even alleviate joint pain!

Plus, peppers contain concentrated amounts of vitamin C, which boosts immune function and mitigates cellular damage by flushing free radicals from the system before they can cause chaos and wreak havoc in the body.





## Dark Chocolate

Some love dark chocolate for its rich flavor and distinct bite. But it's also a nutritional powerhouse—improving immunity, mood, and memory while reducing stress and inflammation.

Plus, the rich flavonoid content in dark chocolate provides a significant antioxidative effect—reducing free radical activity in the body by maintaining the health of endothelial cells within the arteries.

Choose a variety of chocolate that's at least 70% cacao for a selection with a more potent antioxidative effect and a deeper, more vibrant flavor.





## Spices and Herbs

Some spices and herbs provide more than fantastic flavor; they're also medicinal. The top of the heap in this area are turmeric and ginger—two potent ingredients to use in everything from curries to golden teas perfect for soothing a troubled tummy.

Pair turmeric with a dash of black pepper to activate the ingredient curcumin to maximize absorption of the coveted spice. Plus, add a vibrant spoonful of turmeric to everything from smoothies to soups and sauces for a boost of nuance in flavor and an abundance of anti-inflammatory benefits, too.



# Herbal Teas

Sipping a cup of warm and soothing tea is a great way to unwind and provides a boost of antioxidants when you select your herbal teas wisely.

Try some of the following options to soothe the joints and reduce inflammation and stress in the body:

1. Ginger Teas. Ginger is a common ingredient in many herbal and caffeineated teas and is beloved for its potent anti-inflammatory effects.
2. Turmeric Teas
3. Chamomile Teas
4. Rose Petal and Rosehip Teas
5. Cinnamon Teas
6. Clove Teas
7. Lemongrass Teas
8. Licorice Teas







## Green Tea

The abundance of catechins found in green tea, particularly EGCG, the most potent type of catechin, soothes oxidative stress and arrests free radical damage to preserve and restore health to cells and tissues.

While catechins aren't exclusive to green tea, green tea happens to be the variety of medicinal leaves with the highest concentration of these health-promoting compounds.

Plus, enjoying three to five cups of this joint-supporting tea a day also adds to your overall hydration levels and fluid intake—something to consider carefully on keto to maintain ideal levels.

# Apple Cider Vinegar

The benefits of some ingredients are too innumerable to count, and apple cider vinegar is such an item. ACV is incredibly versatile and can serve equally well as a household cleaner and a natural salve to boost a clear, blemish-free complexion and healthy scalp.

Plus, implementing ACV topically and internally is an excellent approach to cleanse the body at the cellular level and bring relief to sore and achy joints.

Opt for an organic brand like Bragg's, preferably with the mother culture, for a fortified option free of unwanted chemicals or preservatives that are best to avoid as they can trigger inflammation.

Plus, drinking a mixture of six ounces of water with fresh lemon juice and a tablespoon of ACV is a fantastic way to start the day, ushering useless or harmful materials from the body to keep your system clean with a gentle daily detox.



# Inflammatory Foods to Avoid

Eating a low-carb, high-fat diet opens a broad range of dietary options to enjoy while maintaining ketosis. But not all low-carb foods are created equal. Some foods may contain zero carbs but loads of other ingredients that are best to avoid.

Here are some low-carb foods we'd advise limiting or eliminating from your diet to optimize health:

- Artificial Trans Fats (e.g., partially or fully hydrogenated fats like margarine)
- Vegetable and Seed Oils (e.g., safflower, canola, corn oil, etc.)
- Processed Meats (e.g., salami, bacon, and other cured meats containing carcinogenic nitrates and nitrites)
- Artificial Sweeteners (e.g., Equal, NutraSweet, Splenda, etc.)
- **Too Much Alcohol:** Having a few too many drinks during the holiday season can quickly create caloric excesses that can result in unwanted gains on the scale.

Plan your drinks and work them into your dietary budget to enjoy the best of both worlds: maintaining your commitment to curb the carbs while indulging during the festivities you'll enjoy as we conclude the year.

## SUMMARY

Reversing inflammation and supporting joint wellness while eliminating pain, aches, and soreness contribute significantly to one's quality of life. The hopeful news is that virtually anyone can begin improving their health with their next meal and every bite taken afterward.

Although joint pain and inflammation can make you feel like a prisoner in your own body, implementing a dietary protocol to eliminate inflammatory foods is a fantastic approach to remedy oxidative stress.

Plus, a comprehensive keto diet—composed of dark leafy greens and grass-fed meat or wild-caught fish and steamed veggies—is naturally rich in antioxidants. And eating dense nutrition reduces free radical damage and aids in helping you feel the most vibrant possible.

Opt for eating nourishing foods designed to facilitate effortless weight loss while reducing oxidative stress and symptoms of premature aging. Then, with a few discerning selections that eliminate inflammation, you can reclaim your optimal wellness to experience true freedom—finally, living life pain-free, all while enjoying a diet that promotes achieving your optimal weight with ease.



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