

FOODS FOR ARTHRITIS

You can reduce your risk by filling your plate with more [plant-based foods](#) (whole grains, legumes and vegetables), antioxidant-rich foods (berries, tea, avocados) and omega-3s (salmon and tuna).

Inflammatory Foods

Processed Meats - hot dogs, sausage and bacon

Refined Carbs - white bread, white rice and crackers, cookies, doughnuts, cupcakes and pastries

Added Sugars - found in regular soda, candy and baked goods and also hidden in foods like ketchup, breads, juice, flavored oatmeal and yogurt, and granola. Look at food labels and see how many grams of sugar are in a serving. Every 4 grams of sugar in a food equals one teaspoon of sugar.

This food has 12 grams of sugar. Divide that by 4. There is 3 teaspoons of sugar in one serving of this food. 10 grams of that sugar is **added** by the processor.

Nutrition Facts	
3 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

Best Foods for Arthritis

- Fruits and Vegetables - fruits and vegetables have phytochemicals, which are responsible for fighting inflammation. Pomegranates, blueberries, raspberries and strawberries are particularly good to reduce inflammation
- Herbs and Spices - Parsley, basil, cilantro, ginger root, cinnamon and turmeric are some of the most nutrient-dense and anti-inflammatory foods available. Incorporate them into your foods as much as possible. Fresh versions are best over dried.
- Omega 3 Fatty Acids - found mainly in fish, and walnuts, flaxseeds and chia seeds.
- Olive Oil - Extra Virgin Olive Oil help to cut back on inflammation and is good for your heart, skin, brain, and blood

Ten Best Foods for Arthritis

1. Fatty Fish - Fatty fish varieties such as [salmon](#), mackerel, sardines and trout are high in omega-3 fatty acids, which have been shown to have potent anti-inflammatory effects.
2. Garlic
3. Ginger
4. Broccoli
5. Walnuts
6. Berries
7. Spinach
8. Grapes
9. Olive Oil
10. Tart Cherry Juice