



Photos courtesy of Pixabay

EAT WELL, AGE WELL. **ARTHRITIS**

According to dietitian Kristine Duncan, author of the March 2015 issue in *Today's Dietitian*, "Rheumatoid arthritis (RA) belongs to a family of rheumatic diseases linked by inflammation and loss of function that affect joints, connective tissue, and other supporting body structures...resulting in pain, swelling, stiffness, and deformity". This overwhelmingly common disease can affect your day-to-day life and cause many challenges.

While many diets have been tested for possible arthritis treatment, most require more studies to be determined conclusive. Most dietitians and nutritionists agree that an all-around balanced diet low in saturated fats, high in Vitamin D, and one that includes many fruits and vegetables, can help lower the inflammation and pain associated with Arthritis.

Specifically, using extra-virgin olive oil and avoiding fried foods when possible is shown to be effective. Vitamin D should be incorporated into the diet mainly through food intake, but supplements can be helpful. It is recommended to talk with your doctor about your specific needs. Foods rich in Vitamin D include fatty fish like cod, salmon, and tuna. Fruits like cherries, apples, blueberries, and raspberries can help lower inflammation due to their antioxidant qualities.

WEEKLY CHALLENGES

Try Cherries for a snack this week

Try a food log to check your vitamin and mineral intake

Swap your regular oils for Extra Virgin Olive Oil

Talk to your doctor about checking your Vitamin D level

Did You Know?

In the US, there are about **1.3 million** adults with RA, and **$\frac{3}{4}$** of them are women!

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate anti-inflammatory foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the pain associated with arthritis.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, I ate fish twice this week, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Arthritis*.
- Placemat/handout for *Energizing Pineapple Anti-Inflammatory Smoothie*
- Table Tent- (5 x 7) *Eat Your Fruits and Veggies!*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar- Arthritis*

Week 2: Give out/Post

- Placemat/handouts for *Beet Detox Salad*
- Table Tent- (5 x 7) *Vitamins and Minerals*
- Table Tent-- (5 x 7) *Inflammation Instigators*

Week 3: Give out/Post

- Placemat/handouts for *Berry Frozen Yogurt*
- Table Tent- (5 x 7) *Healthy Fats*
- Table Tent- (5 x 7) *Mediterranean Diet*

Week 4: Give out/Post

- Placemat/handout for *Grilled Chicken with Spicy Cherry Sauce*
- Table Tent- (5 x 7) *Vitamin D*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 5: 4-7-17 by Lauren Mickley