

# EAT WELL, AGE WELL

## Rheumatoid Arthritis



*Photo courtesy of Pixabay*

## Eat Your Fruits & Veggies!

Eating plenty of fruits and vegetables is essential in managing your rheumatoid arthritis (RA). A diet high in antioxidants may help reduce inflammation and provide you with important vitamins and minerals.

- ❖ Cherries have been linked to health benefits tied to RA due to their anti-inflammatory properties!

### **Weekly Challenge:**

Try and incorporate cherries into your meals or snacks this week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students  
5-1-2017 by Nicki Lehtinen

# Rheumatoid Arthritis Inflammation Instigators



*Photo courtesy of Pixabay*

As you may know, there are foods that can decrease inflammation but there are also foods that can increase inflammation.

## **These foods INCREASE Inflammation:**

Foods high in added Sugar, White flour/breads, Trans-fats, processed and fried meats.

Not only can these foods increase your risk of inflammation but they can add extra calories and unwanted weight that can affect your arthritis as well. Try to cut down on these foods and see if your arthritis improves.

## **Weekly Challenge:**

Try to avoid sugary, fried and processed foods this week and reach for more fruits and vegetables!

GWAAR Nutrition Team in Collaboration with  
UW Stout Dietetic Students by Dana Lemke



*Photo courtesy of Pixabay*

# Rheumatoid Arthritis (RA)

## Vitamins & Minerals

### Helpful Vitamins & Recommended Dietary Allowances (Men & Women 50+)

#### Vitamin C

90 mg (men) &  
75 mg (women)

#### Vitamin D

600 IU (men & women)

#### Vitamin B6

1.7 mg (men)  
1.5 mg (women)

#### Calcium

1000 mg (men)  
1200 mg (women)

A common result of RA is low vitamin B<sub>6</sub> and high levels of homocysteine. Homocysteine is a type of protein that correlates to low folate and B<sub>6</sub> levels.

This can also lead to cardiovascular disease. It is important for your health that you are getting your daily value of vitamins and minerals!

### Weekly Challenge:

Monitor the food you eat this week and see you are getting the recommended amounts of vitamins and minerals. <https://www.supertracker.usda.gov/>

# Rheumatoid Arthritis (RA)

## Healthy Fats

Healthy, mono-unsaturated fats & Omega-3s may help with RA.

- **Olive oil** has anti-inflammatory and antioxidant properties. This oil has been shown to inhibit some of the same inflammatory pathways as ibuprofen.
- Study participants reported improvement with morning stiffness & tender joints when taking **omega-3** supplements. (i.e. Fish Oil)
- **Fish or fish oils** are known to help lower the risk of cardiovascular disease & inflammation.

### Weekly Challenge:

Use extra-virgin olive oil in cooking this week.



*Photo courtesy of Pixabay*

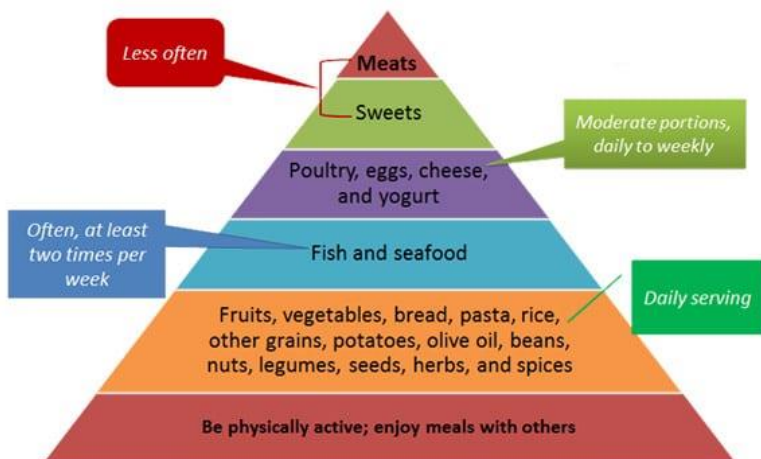
# Rheumatoid Arthritis:

## Mediterranean Diet

Following a Mediterranean or vegetarian diet has shown pain reduction in RA patients. Eating plant foods, fish and olive oil and low amounts of red meat & sweets can help! This diet will also help decrease the risk of cardiovascular disease. This diet includes many fruits and vegetables and is low in saturated fat. It is recommended that you keep a food log to check for foods in your diet that cause pain & inflammation.

### Weekly Challenge:

Try following a Mediterranean Diet for one day this week. Maybe you will like it and will stick with it.



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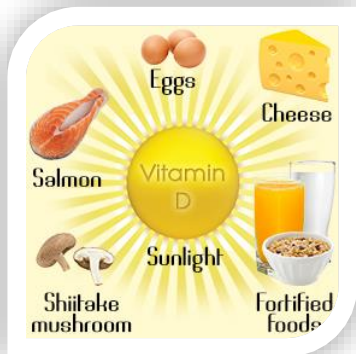
# Rheumatoid Arthritis (RA)

## Vitamin D



*Photo courtesy of Pixabay*

Vitamin D and calcium are important for bone health and to help prevent osteoporosis.



- **Seafood** including salmon, mackerel & tuna are good sources of vitamin D.
- **Foods fortified** with vitamin D include soy and dairy milks, **some** yogurts, nut milks, breakfast cereals, and juices (be sure to check the label to see if they do).

### **Weekly Challenge:**

Read nutrition labels to see the amount of vitamin D.

It's best to have your 25-hydroxyvitamin D level checked as you may need a supplement to get your levels within range.