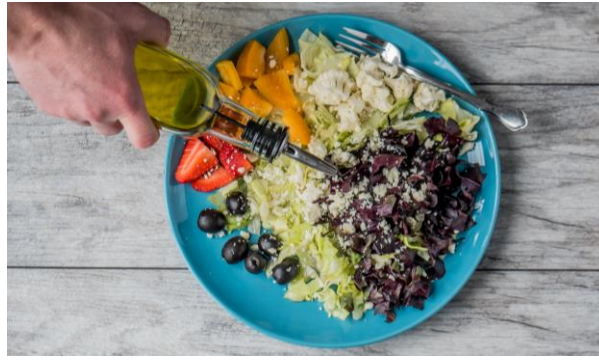




Source: pixabay.com



Source: Pexels.com, Jessica Lewis (Photographer)

## EAT WELL, AGE WELL. ARTHRITIS AWARENESS

Arthritis affects people of all ages, sexes and races. In fact, about 53 million adults are diagnosed with arthritis, it is the #1 cause of disability. There are many types of arthritis however, common symptoms include joint pain, stiffness, swelling, and decreased range of motion. So, you might be wondering, what can I do to help cope with the symptoms? One answer lies in your diet. There are six components to the diet that can help reduce inflammation and thus decrease symptoms of arthritis. First, you need some anti-inflammatory fatty acids also known as omega-3 fatty acids. Add these by increasing your intake of **fish**. The best sources include salmon, tuna, sardines, herring, anchovies, scallops, and other cold-water fish. **Nuts** and **seeds** are another component, a handful of walnuts, pine nuts, pistachios or almonds would be a good option. You should also increase your antioxidant intake by eating plenty of **fruits** and **vegetables**; about 9 servings per day. A serving of fruits and vegetables is about ½ to 1 cup. Use **olive oil** while cooking or add it to a salad, keep in mind that extra virgin olive oil is best because it undergoes less processing. Fiber is also important for lowering C-reactive protein (CRP) which is an indicator of inflammation. Add more fiber to your diet by increasing your intake of **beans** each week, about two cups a week will do. You can also increase your intake of fiber by switching to **whole grains**. Some fiber filled whole grain options are oatmeal, brown rice, and quinoa!

### WEEKLY CHALLENGES

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TRY SWAPPING RED MEAT FOR 3 TO 4 OUNCES OF FISH LIKE SALMON OR TUNA

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HAVE FRUIT AND VEGGIES AT EACH MEAL

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EAT A HANDFUL OF NUTS LIKE WALNUTS OR PISTACHIO EACH DAY

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### DID YOU KNOW?

ONIONS ARE FILLED WITH ANTIOXIDANTS! WHICH CAN HELP TO REDUCE INFLAMMATION AND LDL CHOLESTEROL.

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## 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 nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

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, added tomato juice at breakfast or added kale to my salad, etc.

### Week 1: Give out:

- The 1- page overview- handout ***Eat Well, Age Well. Arthritis Awareness***
- Placemat/handout – ***Osteoarthritis***
- Table Tent: ***Barbeque Month***
- Monthly Tracking Calendar for Weekly Challenges

### Week 2: Give out:

- Placemat/handout- ***Inflammatory Diets***
- Table Tent- ***What is Farro?***

### Week 3: Give out:

- Placemat/handout- ***Mediterranean Diet***
- Table Tent- ***Eat More Fruits and Vegetables Day***

### Week 4: Give out

- Placemat/handout- ***Spice Up Your Diet***
- Table Tent- ***Turmeric***

**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.

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](mailto:pam.vankampen@gwaar.org)