

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Nutrition and Arthritis: **Fish**

Eating more omega-3 polyunsaturated fatty acids are very useful in your diet and can be found in fish, free range eggs, and fish oil supplements.

Recent research has shown to help and reduce inflammatory types of arthritis. Fatty acids cannot be produced in the body and must be obtained by diet.

Weekly Challenge:
Try a recipe with fish this week.
For example, baked cod, salmon, or walleye.



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Nutrition and Arthritis: **Nuts**



Small quantities of nuts and seeds provide good fats but don't appear to cause weight gain. Many nuts and seeds are great sources of polyunsaturated and monounsaturated fats that lower cholesterol and reduce heart disease risks that can be higher in people with arthritis. Nuts are also an excellent source of protein, antioxidant vitamins and minerals!

Weekly Challenge:
Try a snack recipe with nuts.
For example, you can create your own trail mix or buy one!



Photo courtesy of Bing.com

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Nutrition and Arthritis: **Rice**



It's important to eat starchy foods like potatoes, rice (like brown rice) and pasta. Wholegrain types of rice and pasta are better because they contain more fiber, which is good for bowel health, and they often provide more vitamins and minerals as well. Whole grains lower levels of C-reactive protein (CRP) in the blood. CRP can cause inflammation.

Weekly Challenge:
Try a recipe with brown rice this week.
For example, make it a side for chicken or beef.



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Arthritis: What is it?

Arthritis is inflammation of one or more joints which causes pain and stiffness that can worsen with age. The two main types are: osteoarthritis and rheumatoid arthritis.

Osteoarthritis involves wear and tear in the joint cartilage which can create a painful experience of bone grinding on bone. Osteoarthritis influences the whole joint and causes the joint lining to be inflamed.

In **rheumatoid arthritis**, an individual's immune system attacks the joint capsule lining. The lining then becomes inflamed and rheumatoid arthritis can destroy joint cartilage and bone over time.

Source from: <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772> Source from: <https://www.mayoclinic.org/>

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by Katelyn Kruger 10-2021

Arthritis: Risk Factors

Family history: Genes make an individual more susceptible to factors that could cause arthritis.

Age: The risk of this disease increases with age.

Past joint injury: People who have injured a joint are more likely to develop arthritis in that joint.

Your Sex: Women and men differ in what forms of arthritis they are more likely to develop.

Source from: <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772>

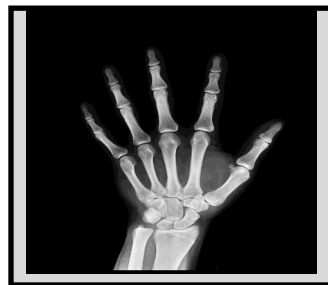


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Weekly Challenge

Research how you can prevent arthritis.

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Arthritis: Management Tips!

There are various treatments for arthritis, and it is recommended that an individual talk with their physician to find a treatment best for them. Common therapies include:

- Stretching
- Exercising
- Heating pads
- Ice packs
- Medications
- Potentially surgery

Weekly Challenge

If you experience arthritis, try different ways to manage it.

Source from: <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms->

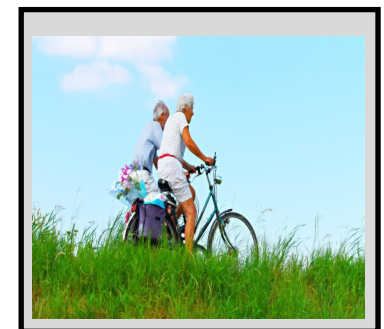


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Nutrition & Arthritis

Did you know...

There may not be a “miracle diet” for arthritis but many foods have been known to help inflammation and improve joint symptoms. The Mediterranean Diet is rich in fruits, veggies, fish, nuts and beans. This diet can help arthritis by curbing inflammation. It also benefits your joints as well as your heart, and it can lead to weight loss which can lessen joint pain.



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Fish

Some types of fish are an excellent source of omega-3 fatty acids which has been known to fight against inflammation. Taking fish oil supplements has been known to help reduce joint swelling and pain, duration of morning stiffness and disease activity among people who have Rheumatoid Arthritis. The best sources are salmon, tuna, sardines, herring, scallops and other cold-water fish.



Photo courtesy of Pixabay.com

Weekly Challenge:

Try a recipe with fish this week for a good source of omega-3.



Photo courtesy of Pixabay.com

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Fruits & Veggies



Specifically cherries, strawberries, blueberries or any other red and purple fruits will have an anti-inflammatory effect.

Citrus fruits are rich in vitamin C, which can help prevent inflammatory arthritis and maintaining healthy joints. Vitamin K-rich veggies such as, broccoli, spinach and kale can reduce inflammatory markers in the blood.

Weekly Challenge:

Try adding berries to your yogurt or in a smoothie this week.



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Nutrition and Arthritis: Orange



Foods rich in vitamin C have been proven to prevent inflammation and swelling of the joints.

Oranges have a high vitamin C content to decrease the inflammation that occurs with arthritis.

Weekly Challenge:

Try adding an orange with a meal or snack this week.



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Nutrition and Arthritis: Broccoli



Broccoli has an anti-inflammatory affect that may decrease the symptoms of arthritis. Sulforaphane, a chemical in broccoli has been found to reduce many of the makers of inflammation that occurs in rheumatoid arthritis.

Source: <https://www.nhs.uk/news/food-and-diet/could-eating-broccoli-slow-the-onset-of-arthritis/#:~:text=Sulforaphane%20is%20found%20in%20cruciferous,have%20anti%20inflammatory%20properties>

Weekly Challenge:

Try a recipe using broccoli this week!



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Nutrition and Arthritis: Salmon



Salmon has omega-3 fatty acids that aid in anti-inflammatory properties.

These anti-inflammatory properties can decrease the symptoms many feel with arthritis. There are many other foods with the same properties containing omega-3. Foods such as chia seeds and walnuts.

Weekly Challenge:

Try a recipe using a recipe with salmon this week.



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