

Nutrition and Arthritis: What you need to know.

Being overweight is a major risk factor for osteoarthritis (the wear-and-tear type). Theoretically, losing just a few pounds might diminish the discomfort. Weight loss reduces the stress on joints. One study found that a loss of just one pound of body weight reduces the load on knees by four pounds.

In addition, maintaining a desirable weight can reduce the chances of ever developing the disease.

Your best chance of reaching that healthy weight is to engage in regular physical activity with a combination of aerobic and strength training exercises.

Visit <https://www.arthritis.org/> to learn more.

Lemon Basil Garlic Butter Salmon:

Serves 2



Ingredients

- 3 ounces salmon (2 pieces)
- 1 lemon
- 1/4 cup butter
- 1 Tbsp minced garlic
- 1/2 tsp dried basil
- 1 pinch red pepper flakes (optional)
- Cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. Lay out your foil sheets, one per filet of fish.
3. Put your salmon on your foil.
4. In a microwave safe bowl, combine butter, garlic, basil, and red pepper.
5. Microwave 30 seconds to 1 minute until butter is melted, stir well.
6. Spoon butter mixture evenly over the fish
7. Squeeze half a lemon over each filet
8. Wrap in foil, place on baking sheet
9. Bake for 15-17 minutes, until desired doneness is reached
10. Turn oven on to broil on high
11. Broil 1-2 minutes to crisp up edges of Salmon

Recipe adapted from: <https://www.eazypeazymealz.com/lemon-basil-baked-garlic-butter-salmon/>

Myth Busted:

Myth: You should not exercise if you have arthritis; it wears out the joints quicker.

Facts:

- Exercise can be the best “medicine” for arthritis, as it develops the muscles that support your joints and improves your flexibility and range of motion.
- Be careful that the workout is not over stressing the joints.
- Physical therapy may be beneficial in developing a helpful exercise routine to properly develop muscles.

Information adapted from:

<https://www.urmc.rochester.edu/patients-families/health-matters/may-2017/myth-buster-the-truth-about-arthritis-causes-and.aspx>

Red Lentil and Squash Soup:

Serves 2



Photo Courtesy of ohshglows.com

Ingredients:

- ½ tsp Extra virgin olive oil
- ½ sweet onion, chopped
- 1 ½ garlic cloves, minced
- ½ tbsp curry powder (or more to taste)
- 2 cups broth
- ½ cup red lentils
- 1 ½ cups cooked butternut squash
- ½ cup greens of your choice
- Kosher salt & black pepper, to taste about 1/4 tsp salt)
- **Optional:** Fresh grated ginger, to taste

Directions

1. In a large pot, add extra virgin olive oil, chopped onion, and minced garlic. Sauté for about 5 minutes over low-medium heat.
2. Stir in curry powder and cook another few minutes. Add broth and lentils and bring to a boil. Reduce heat and cook for 10 minutes.
3. Stir in cooked butternut squash* and greens of your choice. Cook over medium heat for about 5-8 minutes. Season with salt, pepper, and add some freshly grated ginger to taste. Serve and enjoy!

*It is recommended to cook the squash prior to making the recipe. There are various ways to cook squash. Visit this website for more information: <https://www.rachelcooks.com/2019/11/08/how-to-cook-butternut-squash/>.

How can your diet impact arthritis?

Your diet cannot cure arthritis, but many foods have been known to help fight inflammation and improve joint symptoms.

A well-balanced diet with variety allows you to receive all the vitamins, minerals, antioxidants, and other nutrients that your body needs. This may be beneficial for symptoms of arthritis.

A Mediterranean style diet can provide what you need with fish, nuts, olive oil, fruits, and vegetables. This diet has been known for its anti-aging and disease-fighting abilities as well as helping arthritis by curbing inflammation.

Glazed Salmon:

Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 1/8 Cup Honey
- 1 Tablespoon Lime Juice
- 1 Tablespoon low-sodium soy sauce
- ½ Tablespoon Dijon mustard
- 2 (6-ounce salmon filets)

Recipe adapted from:
Eating Well Through Cancer Cookbook

Directions:

1. In a small bowl, whisk together honey, soy sauce, lime juice, and mustard. Marinate salmon in sauce in refrigerator several hours.
2. In nonstick skillet coated with nonstick cooking spray, cook salmon on each side. 3-5 minutes, or until golden brown, crispy, and just cooked through. Transfer salmon to platter.
3. Add remaining honey glaze to skillet, and simmer, stirring until mixture comes to boil. Return salmon to pan, heat thoroughly, and serve immediately!

This recipe can be prepared in 10 easy minutes as well as providing a great source of protein and omega-3 fatty acids that can help with inflammation and soreness.

What can the Mediterranean diet do for arthritis?

Eating nutritious foods is an important part of a lifestyle, but with chronic conditions, such as arthritis, what you eat can affect the chronic condition.

The Mediterranean diet is one that can curb inflammation one experiences with arthritis. It can also improve joint health which is also important for someone who has arthritis.

The Mediterranean diet includes foods such as fish, nuts, seeds, fruits, vegetables, beans, and whole grains.

Source: <https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet>

Chickpea Quinoa Bowl: Serves 2



Image by F Hocking from Pixabay

Ingredients:

- ½ jar roasted red peppers, rinsed
- 1/3 cup slivered almonds
- 2 Tbsps. extra-virgin olive oil, divided
- ½ small clove garlic, minced
- ½ tsp. paprika
- ¼ tsp. ground cumin
- 1 cup cooked quinoa
- 1/8 cup kalamata olives, chopped
- 1/8 cup red onion, finely chopped
- ½ can chickpeas, rinsed
- ½ cup diced cucumber
- 1/8 cup crumbled feta cheese
- 1 Tbsp. fresh parsley, finely chopped
- **Optional:** 1/8 tsp. crushed red pepper

Directions

1. Place peppers, almonds, 1 tablespoon oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor or blender. Puree until smooth.
2. Combine quinoa, olives, red onion, and the remaining oil in a medium bowl.
3. To serve, divide the quinoa mixture among 2 bowls and top with equal amounts of chickpeas, cucumber, and the red pepper sauce. Sprinkle with feta and parsley. Serve and enjoy!

This quinoa bowl is an example of a meal to have on the Mediterranean diet. It includes many foods that can decrease inflammation.

Recipe adapted from: Carolyn Casner