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EAT WELL, AGE WELL.

May- Arthritis Awareness Month

Fact: Approximately 53% of adults aged 65 and older in WI have some form of arthritis! When I was little, my grandma used to know when the weather was going to change because her arthritis would “act up”. Now that I am older, I understand what she was talking about.

According to the Arthritis Foundation, Arthritis is the #1 cause of disability in the U.S. There are over 100 types of arthritis and related conditions that can damage joints and often other organs. Please visit <https://www.arthritis.org/> to learn more. They have a wealth of useful information. If you don't have internet access, call the Helpline: 1.800.283.7800 (Toll Free)

What you eat also plays a big part in either decreasing or increasing inflammation in your body. See the handout on the next page for Nutrition Tips.

In addition, contact your local Independent Living Center, there are 8 Regional Offices throughout the state. They can provide information on adaptive equipment to increase your independence. <https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm>

Did you Know...

Participating in joint-friendly **physical activity** can improve your arthritis pain, function, mood, and quality of life.

Joint-friendly physical activities are low-impact, which means they put less stress on the body, reducing the risk of injury. Examples of joint-friendly activities include walking, biking, dancing, and swimming

Contact Your Local Aging & Disability Resource Center, Aging Office or visit <https://wihealthyaging.org/> to find an exercise program near you.



NUTRITION FOR ARTHRITIS



No diet can cure arthritis, but certain eating patterns and lifestyle choices can relieve some symptoms of arthritis and reduce inflammation. Following a Mediterranean-style diet is ideal for low inflammation and overall healthy living.

FRUITS AND VEGETABLES

- Focus on fruits and vegetables at every meal and snack (aim for 8-9 servings daily or 2-3 servings each meal)
- Eat a variety of colors and textures to ensure proper vitamins, minerals, antioxidants, fiber, and other anti-inflammatory agents



WHOLE GRAINS

- Whole grains are high in fiber and low in processed sugars
- Replace white breads, tortillas, and buns with whole grain options, as well as incorporating brown rice, oats, oatmeal, and quinoa

BEANS & LEGUMES

- Beans and legumes are high in fiber, antioxidants, and have strong anti-inflammatory and overall health benefits when regularly incorporated into a diet
- Beans & Legumes are an excellent and affordable source of protein
- Aim for 1 cup, twice or more per week

NUTS & SEEDS

- Nuts and seeds are high in healthy fats, especially Omega-3s, which are helpful for reducing inflammation

HEALTHY FATS

- Choose more unsaturated fats such as extra virgin olive oil, grapeseed oil, walnut oil, canola oil, and avocado oil to aid in relieving inflammation
- Limit to 2-3 TBSP per day

PROTEIN

- Choose lean protein sources like chicken, turkey, lean ground beef, and fish to avoid too much saturated fat that can increase inflammation
- Choose fatty cold-water fish such as salmon, tuna, sardines, mackerel, and trout for healthy fats and lean protein (at least 3-4oz twice a week)

MODERATION

- All foods fit in a healthy diet, but some foods should be eaten in moderation
- Eat in moderation foods high in saturated fat such as full-fat dairy products and red meats
- Foods high in sodium and sugar should be eaten in moderation
- Alcohol should be consumed in moderation (maximum 2 drinks/day)



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