

Diet Changes to Prevent and Manage Inflammatory Diseases

Preventing and Managing Inflammation

Maintain a **healthy lifestyle**:



- Well-balanced **diet**
- At least 30 minutes of **physical activity** every day (60 minutes for weight loss)

A **healthy diet** includes:

- More **fruits and vegetables**—deeply colored fruits and vegetables have additional disease fighting benefits
- More **whole grains**, such as whole wheat, oats, corn, brown rice, barley, and lesser known grains, from buckwheat to quinoa



Maintain a **healthy weight** to minimize stress on your joints



- If you are overweight, even a 5-10 pound weight loss can benefit your joints and overall health

Managing Arthritis and other Inflammatory Diseases

Dietary Factors Related to Lowered Inflammation:

- **Omega-3 fatty acids.** Good sources include:
 - Fatty fish, like salmon, tuna, or swordfish
 - Walnuts
 - Soy beans (or soy nuts)
 - Flax seed
 - Canola oil



- **Antioxidants.** Good sources include:
 - Deeply colored fruits and vegetables, especially berries
 - Nuts

- **Less red meat** and **more vegetarian protein** options like:
 - Beans
 - Nuts and seeds



- **More fresh foods** and **less heavily processed foods.** Things to limit:
 - Fried foods
 - Sweets and desserts



- **Water.**
 - Aim for 8 glasses (64 oz.) a day

