ATHRITIS

PROTEINS

Fish e.g tilapia ,omena ,sardines ,catfish and mackerel. Fish is a great source of high-quality [protein](https://www.healthline.com/nutrition/how-much-protein-per-day/), which helps you feel full and increases your metabolic rate.

Soya Beans , groundnuts ,beans and black beans

CARBOHYDRATES

Cereals whole maize ,whole rice and whole wheat for full nutritions

Pumpkins, cassavas, yams, sorgum, arrow roots and sweet potatoes to substitute industrial foods.

Flour whole maize flour,whole wheat flour,sorghum flour and millet flour and if in the form of porridge he better.

VITAMINS

Fruits should be eaten regurlarly to ease inflammation and pain.Oranges,lemons and other citric fruits,avocados,melons,strawberries,black berries,bananas,grapes ,apples and mangoes.

Nuts e.g macadamia and cashew nuts.

Vegetables should never lack in any meal e.g tomatoes, carr​ots, peas, turnips,sukuma wiki,cabbages,brocolli,pigweed,managu,spinaches should be in every meal and should be mildly cooked to preserve nutrients.

Spices such as Garlic,beetroots,cinnamon,tangawizi and tumeric atleast one of them shouldn’t miss in a meal,better if eaten raw.

Water, take atleast six glasses of water per day avoid dehydration.

AVOID

Fermented milk and yoghurts since their breakdown releases uric acid that causes inflammation.

Red deeply fried, grilled, barbequed, baked meats since once red meat is broken down to release uric acid that cause joint pain and inflammation.

Industrial fats e.g margarines,peanut butters and spreads.

Excessive intake of salt, sug​ar, and oily foods.

Preserved foods like pickles, jams, kiam chye (salted mustard green), and century eggs as they contain preservatives .

Potato chips,crips and fries.

Packaged snack foods such as cakes,jellies and fruit flavoured yoghurts

Drugs such as beers,ciggarettes,narcotics and any other intoxications.