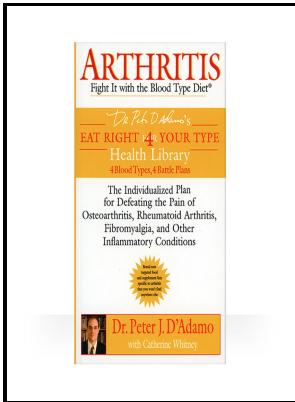


# Diet and arthritis - an information booklet.

## Arthritis Research Campaign - The Ultimate Arthritis Diet



Description: -

- Diet and arthritis - an information booklet.
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Notes: Cover title.

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Tags: #The #Ultimate #Arthritis #Diet

### Arthritis

Currently this program is for the adult arthritis community.

### Anti

Research has shown that anthocyanins found in cherries and other red and purple fruits like strawberries, raspberries, blueberries and blackberries have an anti-inflammatory effect.

### The Ultimate Arthritis Diet

. Eating healthily will give you all the nutrients you need and help you maintain a. One ounce of whole grain would be equal to  $\frac{1}{2}$  cup cooked brown rice or one slice of whole-wheat bread.

### The Ultimate Arthritis Diet

Fruits and vegetables According to the , some studies indicate that plant-based diets can decrease RA symptoms. Your shared experiences will help: - Lead to more effective treatments and outcomes - Develop programs to meet the needs of you and your community - Shape a powerful agenda that fights for you Now is the time to make your voice count, for yourself and the entire arthritis community.

### The Ultimate Arthritis Diet

Read more about how you can lose weight using the. Some people may also find that foods high in purines and nightshades trigger arthritis flare-ups.

### The Ultimate Arthritis Diet

Best sources: Eat foods made with the entire grain kernel, like whole-wheat flour, oatmeal, bulgur, brown rice and quinoa. How are you changing the future? One study found that over a 15-year period, men and women who consumed the most nuts had a 51% lower risk of dying from an

inflammatory disease like RA compared with those who ate the fewest nuts.

### **The Ultimate Arthritis Diet**

One of the most researched anti-inflammatory diets is the. Many products contain added sugars. Versus Arthritis has more information about.

### **The Ultimate Arthritis Diet**

More recently, researchers have shown that taking fish oil supplements helps reduce joint swelling and pain, duration of morning stiffness and disease activity among people who have rheumatoid arthritis RA.

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