

Foods That Could Help Ease Arthritis Symptoms



If you or someone you love suffers from arthritis, you might be looking for easy ways to alleviate the symptoms. Maybe the foods you eat can help. Here's a list of foods that have been shown to fight inflammation, strengthen bones and boost the immune system. Adding them to your balanced diet might help relieve some of the symptoms of arthritis.

Fish, Fish, Fish

Certain types of fish are packed with inflammation-fighting omega-3 fatty acids. That's why experts recommend at least 3 to 4 ounces of fish twice a week. Good choices are salmon, tuna, mackerel and herring.

Step Up the Soy

Heart-healthy soybeans (tofu or edamame) are high in omega-3 fatty acids, protein, fiber and are an all-around great food.

Opt for Oils

Extra virgin olive oil is loaded with heart-healthy fats. Other oils with health benefits include avocado and safflower oils, which have cholesterol-lowering properties. Walnut oil has 10 times the omega-3s that olive oil has. Find one that works in your diet.

Choose Cherries

Research has shown that the anthocyanins found in cherries have an anti-inflammatory effect, which can help reduce the frequency of gout attacks. Strawberries, raspberries, blueberries and blackberries also contain anthocyanins.

Get the Broccoli Boost

Broccoli is rich in calcium – which has bone-building benefits – and is full of vitamins K and C. It's also full of a compound called sulforaphane, which has been found to help prevent or slow the progression of osteoarthritis.

Go with Grains

Whole grains lower the level of C-reactive protein (CRP) in the blood. CRP levels indicate inflammation associated with heart disease, diabetes and rheumatoid arthritis. Foods like oatmeal, brown rice and whole-grain cereals are great for you.

Don't Forget the Dairy

Milk, yogurt and cheese are packed with calcium and vitamin D, both of which increase bone strength. Choose the low-fat options and you can't go wrong.

Bring on the Beans

Beans are packed with fiber, a nutrient that helps lower CRP. They are also an excellent source of protein. Try red beans, kidney beans and pinto beans.

Citrus Foods are Superb

Oranges, grapefruits and limes are rich in vitamin C, which has been shown to help prevent inflammation and keep joints healthy.

Go for Some Garlic

Studies have found that people who regularly eat foods such as garlic, onions and leeks showed fewer signs of early osteoarthritis.



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