
**BEST AND WORST
FOODS FOR ARTHRITIS
CHECKLIST**

Anti Inflammatory Diet Recommendations

✓ To reduce joint pain and reduce inflammation

- Eat low amounts of trans fats and saturated fats.
- Eat a lot of fruits and vegetables.
- Eat plenty of foods that are high in omega 3 fatty acids, such as fish and walnuts.
- Decrease the intake of white rice and pasta, which are high in refined carbohydrates.
- Choose whole grains, such as wheat bread and brown rice.
- Choose spices that have anti-inflammatory properties, such as curry and ginger.
- Avoid highly processed or refined foods and instead make food from scratch.
- Select lean meat sources, such as poultry, avoiding red meat and dairy products that are high in fat.

Best Foods For Arthritis

- Fish

- Plant Oils (Omega-6 Fatty Acids)
 - Extra Virgin Olive Oil
 - Avocado Oil
 - Safflower Oil
 - Evening Primrose Oil

- Omega-3 Fatty Acids (balanced with Omega-6 intake)
 - Walnuts
 - Flaxseed
 - Soybeans
 - Tofu
 - Shrimp
 - Brussels Sprouts
 - Cauliflower
 - Pacific oysters

- Soy Products

- Cherries

- Cauliflower and Broccoli

- Low or Nonfat Dairy Foods

- Vitamin D Enriched Foods

- Leafy Green Vegetables
 - Kale
 - Spinach
 - Swiss Chard
 - All Greens

- Green Tea

- Citrus Fruits
 - Lemons
 - Oranges
 - Limes
 - Grapefruits

Beans

- Red Beans
- Pinto Beans
- Kidney Beans

Whole Grains

- Whole Grain Cereal
- Brown Rice
- Steel Cut Oatmeal

Allium Vegetables

- Garlic
- Leaks
- Onions

Nuts

- Pistachios
- Almonds
- Pine Nuts
- Almonds

Foods To Avoid

These foods increase inflammation

- Trans fats
- White bread, pasta, rice and other starches
- Saturated fats
 - Meat
 - Full Fat Dairy
- Certain Omega 6 fatty Acids
 - Soybean oil
 - Corn oil
 - Safflower oil
- MSG
- Gluten
 - Wheat
 - Rye
 - Barley
 - Any Foods made with above grains including white flour