### Anti-inflammatory Diet

Common joint disease that most often affects middle-age to elderly people. It is commonly referred to as "wear and tear" of the joints, but we now know that OA is a disease of the entire joint, involving the cartilage, joint lining, ligaments, and bone.

#### Best Foods
- Avocado oil, safflower oil, walnut oil
- Broccoli
- Citrus Fruits and other vitamin C rich foods
- Cold water fish such as salmon, tuna, herring, mackerel and halibut
- Dairy, low fat
- Extra virgin olive oil,
- Garlic
- Green Leafy vegetables
- Green Tea
- Nuts. such as Brazil nuts, walnuts, pine nuts, pistachios and almonds
- Seeds
- Whole Grains

#### Worse Foods
- Corn, sunflower, safflower, soybean and cottonseed oils
- Fried foods
- Meats grilled or fried at a high temperature
- Processed foods
- Salt
- Soda
- Sugars and refined carbs
- White flour baked goods

#### Vitamins / Minerals
- B Vitamins
- Beta-carotene
- Calcium
- Folic Acid
- Magnesium
- Selenium
- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin K
- Zinc

#### Supplements, Herbs, Spices or Foods containing
- Avocado-soybean Unsaponifiables (ASU)
- Boswellia Serrate (Indian frankincense)
- Bromelain
- Capsaicin (Capsicum frutescens)
- Fish Oil (Omega-3 fatty acids EPA and DHA)
- Ginger
- Pine bark extract
- SAM-e (S-adenosylmethionine)
- Tumeric/Curcumin (Curcuma longa)

#### Avoid
- High doses of Vitamin A and Retinoid supplements
- High doses of Iron