**Rheumatoid Arthritis**

**Best Foods**
- Apples
- Bell Peppers
- Berries
- Cantaloupe
- Cherries
- Chocolate, dark or unsweetened
- Citrus Fruits
- Dairy, low fat
- Extra virgin olive oil, Avocado oil, Walnut oil
- Fish including salmon, tuna, mackerel and herring
- Green Leafy vegetables
- Green Tea
- Nuts. such as walnuts, pine nuts, pistachios and almonds
- Onions
- Red beans, kidney beans and pinto beans.
- Seeds - flax or sunflower
- Soybeans (tofu or edamame)
- Whole Grains

**Worse Foods**
- Coffee / caffeine
- Corn, sunflower, safflower, soybean and cottonseed oils
- Egg yolks
- Fried foods
- Margarine
- Meats grilled or fried at a high temperature
- Processed foods
- Salt
- Soda
- Sugars and refined carbs
- Trans fatty acids
- White flour baked goods

**Vitamins / Minerals**
- Calcium
- Folic Acid
- Vitamin D
- Vitamin E

**Supplements, Herbs, Spices or Foods containing**
- Borage
- Bromelain
- Capsaicin (Capsicum frutescens)
- Cat’s Claw (Uncaria tomentosa)
- Cinnamon
- Fish Oil (Omega-3 fatty acids EPA and DHA)
- Gamma Linolenic Acid (GLA)
- Ginger
- Green-lipped mussel extract
- Quercetin
- Rosehips
- SAM-e (S-adenosylmethionine)
- Tumeric/Curcumin (Curcuma longa)

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