

# Lost Temple Fitness

## The Ultimate Arthritis Diet - Arthritis Foundation

| Foods to Eat     | How Much  | Why   | Best Sources   |
|------------------|---|---|--|
| Fish             | Health authorities like The American Heart Association and the Academy of Nutrition and Dietetics recommend three to four ounces of fish, twice a week. Arthritis experts claim more is better. | <p>Some types of fish are good sources of inflammation-fighting omega-3 fatty acids. A study of 727 postmenopausal women, published in the Journal of Nutrition in 2004, found those who had the highest consumption of omega-3s had lower levels of two inflammatory proteins: C-reactive protein (CRP) and interleukin-6.</p> <p>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).</p>   | <p>Salmon<br/>Tuna<br/>Sardines<br/>Herring<br/>Anchovies<br/>Scallops<br/>Other cold-water fish.<br/>Supplement. Studies show that taking 600 to 1,000 mg of fish oil daily eases joint stiffness, tenderness, pain and swelling.</p> |
| Nuts & Seeds     | Eat 1.5 ounces of nuts daily (one ounce is about one handful).  | <p>Multiple studies confirm the role of nuts in an anti-inflammatory diet," explains José M. Ordovás, PhD, director of nutrition and genomics at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston.</p> <p>A study published in The American Journal of Clinical Nutrition in 2011 found that over a 15-year period, men and women who consumed the most nuts had a 51 percent lower risk of dying from an inflammatory disease (like RA) compared with those who ate the fewest nuts. Another study, published in the journal Circulation in 2001 found that subjects with lower levels of vitamin B6 – found in most nuts – had higher levels of inflammatory markers.</p> <p>More good news: Nuts are jam-packed with inflammation-fighting monounsaturated fat. And though they're relatively high in fat and calories, studies show noshing on nuts promotes weight loss because their protein, fiber and monounsaturated fats are satiating. "Just keep in mind that more is not always better," says Ordovás.</p> | <p>Walnuts<br/>Pine nuts<br/>Pistachios<br/>Almonds</p>  |
| Fruits & Veggies | Aim for nine or more servings daily (one serving = 1 cup of most veggies or fruit or 2 cups raw leafy greens).  | <p>Fruits and vegetables are loaded with antioxidants. These potent chemicals act as the body's natural defense system, helping to neutralize unstable molecules called free radicals that can damage cells.</p> <p>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.</p> <p>Citrus fruits – like oranges, grapefruits and limes – are rich in vitamin C. Research shows getting the right amount of that vitamin aids in preventing inflammatory arthritis and maintaining healthy joints.</p> <p>Other research suggests eating vitamin K-rich veggies like broccoli, spinach, lettuce, kale and cabbage dramatically reduces inflammatory markers in the blood.</p>  | <p>Colorful fruits and veggies – the darker or more brilliant the color, the more antioxidants it has, including:<br/>Blueberries<br/>Cherries<br/>Spinach<br/>Kale<br/>Broccoli</p>   |

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| Olive Oil    | Two to three tablespoons daily  | Olive oil is loaded with heart-healthy fats, as well as oleocanthal, which has properties similar to nonsteroidal, anti-inflammatory drugs. "This compound inhibits activity of COX enzymes, with a pharmacological action similar to ibuprofen," says Ordovás. Inhibiting these enzymes dampens the body's inflammatory processes and reduces pain sensitivity.  | <p>Extra virgin olive oil goes through less refining and processing, so it retains more nutrients than standard varieties.</p> <p>Avocado and safflower oils have shown cholesterol-lowering properties.</p> <p>Walnut oil has 10 times the omega-3s that olive oil has.</p>  |
| Beans        | About one cup, twice a week (or more)   | <p>Beans are loaded with fiber and phytonutrients, which help lower CRP, an indicator of inflammation found in the blood. At high levels, CRP could indicate anything from an infection to RA. In a study published in The Journal of Food Composition and Analysis in 2012, scientists analyzed the nutrient content of 10 common bean varieties and identified a host of antioxidant and anti-inflammatory compounds.</p> <p>Beans are also an excellent and inexpensive source of protein, with about 15 grams per cup, which is important for muscle health</p> | <p>Small red beans<br/>Red kidney beans<br/>Pinto beans</p> <p>These rank among the U.S. Department of Agriculture's top four antioxidant-containing foods (wild blueberries being in the number 2 spot)</p>  |
| Whole Grains | Eat a total of 6 ounces of grains per day; at least 3 of which should come from whole grains. One ounce of whole grain would be equal to ½ cup cooked brown rice or 1 slice of whole-wheat bread. | Whole grains contain plenty of filling fiber – which can help you maintain a healthy weight. Some studies have also shown that fiber and fiber-rich foods can lower blood levels of the inflammatory marker C-reactive protein.   | <p>Eat foods made with the entire grain kernel, like whole-wheat flour, oatmeal, bulgur, brown rice, and quinoa.</p> <p>Some people may need to be careful about which whole grains they eat due to <b>Gluten</b> – a protein found in wheat and other grains that has been linked to inflammation for some people.</p> <p><i>See Gluten Diet</i></p> |