

Foods to Eat	How Much	Why	Best Sources
Fish	<p>Health authorities like <i>The American Heart Association</i> and <i>the Academy of Nutrition and Dietetics</i> recommend three to four ounces of fish, twice a week. Arthritis experts claim more is better.</p>	<p>Some types of fish are good sources of inflammation-fighting omega-3 fatty acids. A study of 727 postmenopausal women, published in the <i>Journal of Nutrition</i> 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 Tuna Sardines Herring Anchovies Scallops Other cold-water fish.</p> <p>Supplement. Studies show that taking 600 to 1,000 mg of fish oil daily eases joint stiffness, tenderness, pain and swelling.</p>
Nuts & Seeds	<p>Eat 1.5 ounces of nuts daily (one ounce is about one handful).</p>	<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 <i>The American Journal of Clinical Nutrition</i> 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 <i>Circulation</i> 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 Pine nuts Pistachios Almonds</p>
Fruits & Veggies	<p>Aim for nine or more servings daily (one serving = 1 cup of most veggies or fruit or 2 cups raw leafy greens).</p>	<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. 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</p> <p>Blueberries Cherries Spinach Kale Broccoli</p>