

Arthritis and Nutrition

The following information is from the Arthritis Foundation by Amy Patural

THE ULTIMATE ARTHRITIS DIET

Is there an arthritis diet?	<p>One of the most common questions people with any form of arthritis have is, "Is there an arthritis diet?" Or more to the point, "What can I eat to help my joints?" The answer, fortunately, is that many foods can help.</p> <ul style="list-style-type: none">• Following a diet low in processed foods and saturated fat and rich in fruits, vegetables, fish, nuts, and beans is great for your body.• If this advice looks familiar, it's because these are the principles of the so-called Mediterranean diet, which is frequently touted for its anti-aging, disease-fighting powers.
Benefits	<p>Studies confirm eating these foods can do the following:</p> <ul style="list-style-type: none">• Lower blood pressure• Protect against chronic conditions ranging from cancer to stroke• Help arthritis by curbing inflammation• Benefit your joints as well as your heart• Lead to weight loss, which makes a huge difference in managing joint pain.
Should You Avoid Nightshade	<ul style="list-style-type: none">• Nightshade vegetables, including eggplant, tomatoes, red bell peppers and potatoes, are disease-fighting powerhouses that boast maximum nutrition for minimal calories.• They also contain solanine, a chemical that has been branded the culprit in arthritis pain. There's no scientific evidence to suggest that nightshades trigger arthritis flares. In fact, some experts believe these vegetables contain a potent nutrient mix that helps inhibit arthritis pain.• However, many people do report significant symptom relief when they avoid nightshade vegetables. So, doctors say, if you notice that your arthritis pain flares after eating them, do a test and try eliminating all nightshade vegetables from your diet for a few weeks to see if it makes a difference.