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**ADULT & SENIOR CLINIC**

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**ARTHRITIS DIET**

An arthritis diet aims to reduce inflammation, manage symptoms, and improve overall joint health. While there's no one-size-fits-all approach, here are some general guidelines for an arthritis-friendly diet:

**1. Focus on Anti-Inflammatory Foods:**

- Include plenty of fruits and vegetables, particularly those rich in antioxidants and phytonutrients, such as berries, cherries, spinach, kale, and broccoli.
- Consume fatty fish like salmon, mackerel, and sardines, which are high in omega-3 fatty acids, known for their anti-inflammatory properties.
- Incorporate nuts, seeds, and healthy oils like olive oil, avocado oil, and flaxseed oil, which also contain omega-3 fatty acids.

**2. Emphasize Whole Grains and Legumes:**

- Opt for whole grains such as brown rice, quinoa, oats, and whole wheat bread, which provide fiber and essential nutrients.
- Include legumes like lentils, chickpeas, and beans, which are rich in protein, fiber, and antioxidants.

**3. Limit Processed and Sugary Foods:**

- Minimize intake of processed foods, including processed meats, refined carbohydrates, and sugary snacks and beverages, as they can exacerbate inflammation.
- Reduce consumption of foods high in refined sugars, such as pastries, candy, and sweetened beverages.

**4. Moderate Protein Intake:**

- Choose lean sources of protein, such as poultry, tofu, tempeh, and legumes.

- Limit consumption of red meat and processed meats, which may contribute to inflammation when consumed in excess.

### **5. Incorporate Dairy Alternatives:**

- Consider dairy alternatives like almond milk, soy milk, or oat milk if dairy worsens arthritis symptoms.
- Opt for low-fat or fat-free dairy products if you choose to include dairy in your diet.

### **6. Stay Hydrated:**

- Drink plenty of water throughout the day to keep joints well-lubricated and support overall health.

### **7. Watch Your Portions:**

- Pay attention to portion sizes to maintain a healthy weight, as excess weight can put additional strain on joints.

### **8. Limit Alcohol and Caffeine:**

- Limit alcohol consumption, as excessive alcohol intake can increase inflammation and interfere with medication effectiveness.
- Moderate caffeine intake, as it can potentially exacerbate joint pain for some individuals.

### **9. Consult with a Registered Dietitian or Nutritionist:**

- Consider consulting with a registered dietitian or nutritionist who specializes in arthritis management to tailor a diet plan that meets your individual needs and preferences.

Remember, while diet can play a significant role in managing arthritis symptoms, it should be part of a comprehensive treatment plan that may include medication, exercise, and other lifestyle modifications. Always consult with your healthcare provider before making any significant changes to your diet or treatment regimen.