

Foods to eat and avoid when you have arthritis

Arthritis is a disease concerning one or several joints in the body that produces unbearable pain and inflammation. It is typically caused by wear and tear and is treated with pain medication.



Though there is no sure shot diet that will alleviate the pain of arthritis, yet according to researchers, there are anti-inflammatory foods that patients of arthritis can benefit by. These are:

Foods that fight arthritis:

Omega-3 fatty acids: Omega-3 fatty acids are known to reduce the inflammation related to arthritis. COX-2 enzymes causing inflammation of the joints tend to be less active when you're on a diet of Omega-3 fatty acids. They can be found in meat, snacks, corn and sunflower oil, and in salmon, tuna, mackerel, trout and sardines, walnuts and flaxseeds.



Broccoli: Cruciferous vegetables like cauliflower, broccoli, Brussels sprouts, cabbage, bokchoy and kale prevent further arthritis development.

Vitamin D: Those who kept out in the sun or took Vitamin D tablets benefitted by having lesser arthritic pain. The progression of arthritis too slows down immensely when you take Vitamin D tablets. Vitamin D is found in oily fish, bread, dairy products, etc.



Olive oil: Those suffering with arthritis should get on to a Mediterranean diet, which includes olive oil. It helps reduce the stiffness and pain associated with arthritis. Add olive oil, lemon juice and vinegar to your salad, and add herbs if you like too.

These are foods that aggravate arthritis, hence should be avoided:



Fried foods: Foods rich in fats like French fries, donuts, fried chicken and fish should not be eaten by arthritis patients. If one overeats these foods, body fat increases and this puts strain on the joints and increases the chances of wear and tear. Since body fat produces chemicals and hormones, it is responsible for heightened inflammation levels. To prevent arthritis from worsening, grill, bake, steam or roast your food.

Sugars & refined carbs: Refined carbohydrates can be seen in foods with white flour. So, white bread, cakes, rolls and biscuits contain them. Refined carbs cause inflammation in the joints and increase levels of cytokines and other inflammatory substances that worsen arthritis. Foods rich in refined carbs should be swapped for their whole grain counterparts such as whole wheat grain, bread, pasta, and wild and brown rice.



Dairy Products: Dairy products contain certain proteins that aggravate the affected arthritis joints. For relief from arthritis, sufferers are known to switch to a vegan lifestyle, where protein from dairy products is absent. They get this protein from green leafy vegetables.