



# Share the Wellness Tip

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## Managing Weight and Diet Can Help With Arthritis

### Less Pain with No Gain

Exercise can be a valuable tool in the fight against arthritis. In fact, exercise, weight management, and avoiding joint injuries can go a long way and can help with lessening pain and fatigue. Every one pound of weight loss results in four pounds of pressure taken off each knee. Yoga, tai chi and walking in water are often good low-impact and joint-friendly options. But managing your diet can also help to reduce inflammation.

### Tips for Healthy Eating

- Eat fish for your protein. Fish high in omega-3 fatty acids may help reduce inflammation in the body. Types of fish high in omega-3s include salmon, tuna, herring and mackerel. Try three to four ounces of fish, twice a week or more.
- Sip some green tea. Early research suggests that substances called polyphenols in green tea may help control inflammation and prevent joint damage.
- Avoid excess alcohol, which can cause problems if taken with some medicines for rheumatoid arthritis.
- Follow a diet low in processed foods and saturated fat, but rich in fruits, vegetables, fish, nuts and beans, which can benefit your heart as well as your joints.

### Pain-Free Cooking

What if painful joints make preparing food difficult? Try cooking in bigger batches, so you can microwave a meal the next day. Use utensils with padded handles, which are easier to grip. Or look for crock-pot recipes that are simple and only take one pot.

Talk to your doctor before beginning an exercise program and for more information on managing your arthritis.

**Sources:** Arthritis Foundation; U.S. Department of Health & Human Services

