

Eating with Arthritis

Osteoarthritis and inflammatory arthritis

THE MOST POWERFUL DIETARY TREATMENT FOR KNEE AND HIP ARTHRITIS IS WEIGHT LOSS

Every **1 kg** you lose takes about **4 kg of load** off each knee with every step. Losing 5 kg is like taking a 20 kg sack off your knees.

In trials, losing 10% of body weight improved pain and function **more than any tablet**. Nothing else in this sheet comes close.

EAT MORE OF THESE

Oily fish twice a week — mackerel (bangda), sardines, salmon, rohu. The omega-3 fats genuinely reduce joint inflammation, particularly in rheumatoid arthritis.

Flaxseed (alsi), walnuts and chia — plant omega-3, useful if you are vegetarian.

Colourful vegetables and fruit — the more colours, the better.

Olive, mustard and rice bran oil rather than repeatedly reheated oil.

Turmeric and ginger — modest but real anti-inflammatory effect in cooking. Turmeric is absorbed much better with a pinch of black pepper and some fat.

Whole grains, millets, dal and nuts.

Adequate calcium, vitamin D and protein — arthritis patients move less and lose muscle and bone.

REDUCE THESE

Deep-fried and repeatedly reheated oil · processed and packaged snacks · sugary drinks and sweets · excess red and processed meat · excess salt · alcohol — particularly if you are on methotrexate, where it must be avoided

A WORD ABOUT "ARTHRITIS CURES"

There is no diet that cures arthritis, and no single food that causes it. Please be careful with expensive supplements, imported juices, and treatments promising a cure.

Some "herbal" and "ayurvedic" joint remedies sold in India contain hidden steroids or painkillers — we see patients with steroid side effects, stomach bleeding and adrenal problems from them. If a remedy relieves pain dramatically within a day, be suspicious. **Please show us anything you are taking.**

Glucosamine and collagen supplements are safe but the evidence for benefit is weak — spend the money on good food, physiotherapy and shoes instead.

Search: arthritis diet, anti inflammatory food, rheumatoid arthritis diet, osteoarthritis food

