Although there is no specific arthritis diet, following a balanced diet rich in antioxidants, fiber, phytochemicals, and Omega 3 fats can help support the immune system and lower inflammation.

**Include foods to help lower inflammation**
- Fruits and vegetables (especially berries, citrus fruit, leafy greens, and cruciferous vegetables)
  - Aim to fill half your plate with colorful fruits and vegetables!
- Whole grains (quinoa, bulgur, barley, brown rice, whole wheat products, oats)
- Legumes (garbanzo beans, black beans, kidney beans, lentils)
- Nuts and seeds (almonds, pistachios, walnuts, flax seed, chia seed)
- Fatty fish (salmon, sardines, tuna, mackerel) – aim for 2-3 servings per week
- Unsaturated fats (olive oil, canola oil, avocado)
- Spices and herbs (turmeric, ginger, garlic)
- Low fat dairy (plain Greek yogurt, Kefir, low-fat milk)

**Limit foods that contribute to inflammation**
- Processed meat (bacon, sausage, deli meat, chicken nuggets)
- Fried food (fries, fried chicken)
- High sugar food (soda, sweet tea, juice, dessert)
- Refined carbohydrates (white bread/pasta)
- Saturated fat (butter, shortening, red meat, full fat dairy)
<table>
<thead>
<tr>
<th>MEAL/SNACK</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Oatmeal with apple, walnuts, chia seed, and cinnamon</td>
<td>Whole wheat toast, avocado, egg, and an orange</td>
<td>Greek yogurt parfait with berries, low sugar granola, flax seed, and chia seed</td>
<td>Smoothie with berries, banana, low-fat milk, and hemp seed</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Low fat plain Greek yogurt with berries</td>
<td>Hummus and carrots/celery</td>
<td>Apple with peanut butter</td>
<td>Guacamole and cucumber slices</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Burrito bowl: black beans, corn, tomatoes, avocado, lettuce, bell pepper, onion</td>
<td>Tuna sandwich on whole wheat bread and a tomato cucumber salad</td>
<td>Black bean burger with avocado and a side of broccoli</td>
<td>Turkey burger on whole wheat bun with a side salad</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Handful of nuts</td>
<td>Strawberries and handful of nuts</td>
<td>Whole wheat pita with tzatziki sauce</td>
<td>Orange and almonds</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Salmon, quinoa, sautéed kale and spinach with olive oil</td>
<td>Ginger tofu stir fry with brown rice, snap peas, broccoli, carrots, and bell peppers</td>
<td>Salad bowl: chicken breast, kale, spring mix, tomatoes, sweet potato, pumpkin seeds, feta cheese, and vinaigrette dressing</td>
<td>Bean and lentil vegetable soup</td>
</tr>
</tbody>
</table>

Additional lifestyle factors that decrease inflammation in the body include:
- Daily exercise, but avoiding anything that worsens pain. Swimming can be a great exercise option when experiencing joint pain. Goal is to gradually build to 150 minutes per week with increasing intensity as tolerated
- Managing stress
- Not smoking and limiting alcohol (less than 2 drinks a day for men, less than 1 drink a day for women)
- Sleeping 7–9 hours a night

Additional resources

Cookbooks:

Online recipes:
- The Mediterranean Dish https://www.themediterraneandish.com/recipes/
- Cooking Light https://www.cookinglight.com/food/anti-inflammatory-recipes