

The Power of Food and Nutrition – Resource Sheet

Healthy Eating Resources:

Eating for Healthy Bones and Joints:

- Sources of calcium: <https://www.dietaryguidelines.gov/food-sources-calcium>
- Bone Health and Osteoporosis Foundation:
 - <https://www.bonehealthandosteoporosis.org/wp-content/uploads/ConnectionBetweenNutritionAndBoneHealth.pdf>
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/Handout_NutritionLabel.pdf
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/Handout_CalciumVitD.pdf

Information about Protein:

- <https://med.stanford.edu/news/all-news/2019/02/5-questions-gardner-on-meat-protein-and-environment.html>
- <https://med.stanford.edu/news/insights/2024/12/dietary-guidelines-nutrition-what-americans-should-eat.html>

Arthritis Diet Tips:

- <https://www.arthritis.org/eating-healthy>

Choosing Seafood: <https://www.seafoodwatch.org/>

Reducing Pesticides in foods:

- <https://www.ewg.org/foodnews/dirty-dozen.php>
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Meal Ideas:

Plant-Based/Anti-Inflammatory Diet Resources and Meal Planners:

- American College of Lifestyle Medicine:
 - <https://gwdocs.org/sites/g/files/zaskib551/files/2022-03/ACLM-Eating-on-a-Budget.pdf>
 - <https://www.fammed.wisc.edu/files/webfm-uploads/documents/patient-care/food-is-medicine/ACLM-Food-As-Medicine-Jumpstart.pdf>
- Plant-Based on a Budget: <https://plantbasedonabudget.com/>

- The Plant Power Meal Planner:
- Arthritis.org: <https://www.arthritis.org/recipes>

Other Resources:

Certified Ayurvedic Professionals

<https://ayurveda.memberclicks.net/directory-find-a-professional#/>

Practical Daily Tips for Living with Arthritis:

<https://arthritis.theenthusiasticlife.com/>

Tips for Cooking with Arthritis:

<https://www.arthritis.org/health-wellness/healthy-living/daily-living/life-hacks-tips/webinar-arthritis-kitchen-hacks>