

RECIPES FOR ARTHRITIS RELIEF

Eat Well, Feel Better



FROM THE EXPERTS AT THE ARTHRITIS FOUNDATION

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There's no diet that cures arthritis, but what you eat every day can make a big difference. The right foods can help reduce inflammation, support a healthy weight, and keep your joints strong — so you can move more easily and feel better.

Arthritis pain often comes from inflammation that doesn't go away. Some foods calm it, while others make it worse. Choosing more anti-inflammatory options and cutting back on processed and sugary foods can help protect your joints and reduce flares.

Your gut health matters, too. A balanced gut microbiome may lower inflammation and support joint health. Eating fruits, vegetables, whole grains and fermented foods can help keep your gut — and your body — healthy. This guide will give you everything you need to start eating for

relief. Inside, you'll find delicious recipes, practical tips, easy meal prep instructions and other helpful resources to make healthy eating simple and sustainable. These tools are designed to support your treatment plan and help you feel your best every day.

People who believe a healthy diet is important for managing arthritis:

84%

— FROM A SURVEY OF ARTHRITIS FOUNDATION MEMBERS

KEY FOODS TO INCLUDE

Omega-3 fatty acids: Found in fatty fish, like salmon, mackerel and sardines. These healthy fats may help reduce joint pain and improve function.

Fruits & vegetables: Colorful fruits and vegetables provide vitamins and plant compounds that fight inflammation. Be sure to include a rainbow of colors, from blueberries and leafy greens to citrus and winter squash, because each color has different important nutrients.

Whole grains and legumes: Brown rice, oats, quinoa, whole-grain breads and pasta as well as lentils, beans and other legumes contain fiber that can reduce inflammation and support digestion and overall health.

Lean proteins: Fish, chicken, beans, lentils and tofu provide nutrients for muscles and joints without extra unhealthy fats.

Healthy fats: Olive oil, nuts and seeds help lower inflammation and are good for your heart and joints.

Spices: Turmeric, garlic, ginger and cinnamon may help calm inflammation and add flavor to meals. Adding pepper to turmeric can help the body process it more efficiently.

Water: Drinking enough water to stay well hydrated keeps your joints and organs working well. Aim for six to eight glasses per day, depending on your individual needs.



FOODS TO AVOID

The typical American diet — heavy on fast, convenient and packaged foods — is not a healthy one and can make arthritis symptoms worse. It might be hard to cut these out completely, but try to reduce how much of them you eat.

Highly processed foods: Fried foods, fast food and packaged snacks are stripped of nutrients and loaded with unhealthy fats. Choose less processed, nutrient-rich options instead. Plus, most people get enough protein from a balanced diet.

Sugary foods: Sodas, candy and pastries can spike blood sugar, add empty calories and drive inflammation. And sugar in some form (like high fructose corn syrup) turns up in surprising foods — everything from ketchup to instant oatmeal — so read the labels.

Excess salt: High sodium can cause fluid buildup and raise blood pressure, especially if you take corticosteroids. And lots of packaged and processed foods contain salt, so you're eating it even if you don't sprinkle it on.

Refined carbohydrates: White bread, pasta and rice turn into sugar quickly, which — again — can increase inflammation and weight gain and lead to other diseases, like diabetes or cardiovascular problems.

Red and processed meats: Bacon, sausage, hot dogs and red meats have saturated fats and compounds linked to more inflammation.

Alcohol: Too much alcohol can raise inflammation, interfere with medications, and harm your liver. Skip the wine and choose grapes, berries, or peanuts for resveratrol (which is touted for having health benefits) without the risks of weight gain or other health issues.

Every culture has comfort foods — some fried, rich or sugary. Instead of cutting them out completely, look for ways to make them a little healthier by grilling or roasting them instead of frying, flavoring them with herbs instead of salt, or adding vegetables for extra flavor and nutrients. And you don't have to avoid these foods completely. Enjoying them occasionally and choosing healthier options most of the time can make a noticeable difference.

HEALTHY TIPS:

Think "snacks." Grab bite-sized fruits and veggies, like grapes and precut carrots, or those you can easily cut and store, such as apples.

Pass on pale lettuce. The darker the leaf, the more nutrients it has, including antioxidant vitamins A and C, bone-strengthening vitamin K and calcium.

Order a better sandwich. Load it up with dark lettuce, tomato, spinach, shredded carrots, bell peppers, olives and onions.



Putting It Together: The Mediterranean Diet

The Mediterranean diet combines healthy foods in an everyday diet. It emphasizes:

- Olive oil, nuts, and seeds instead of butter or saturated fats
- A variety of colorful fruits and vegetables
- Whole grains like oats, brown rice, and quinoa
- Lean proteins such as fish and beans
- Flavorful and healthful herbs and spices like turmeric, garlic, and ginger

Following this pattern has been linked to lower inflammation, less joint pain and better mobility for people with arthritis.

“Mediterranean” Diets Around the World

A Mediterranean diet doesn't have to be only based on foods of the Mediterranean. The same principles — plant-based foods, healthy fats and lean proteins without excess sugar, salt or refined carbohydrates — can fit into any cuisine. Whether you love stir-fries, curries, tamales or stews, you can enjoy your favorite flavors while protecting your joints.

Don't be shy about exploring whole foods, spices and cooking methods from different regions around the world. Fermented foods (like kefir, kimchi or miso), which help keep the gut microbiome healthy, are common in some cultures. And many cuisines are naturally more healthful than the standard American diet.

Look for:

- Local fruits and vegetables
- Healthy fats, like avocado, nuts and seeds, and oils they produce (avocado oil, sesame oil, walnut oil)
- Lean proteins, such as fish, poultry, tofu, beans, lentils and chickpeas and lean cuts of red meat in moderation
- Whole grains, such as millet, barley, brown or black rice, teff, bulgur, corn, amaranth and quinoa
- Salt-free spices and seasonings, including ginger, turmeric and garlic

A person wearing a white shirt is shown from the chest down, mixing a salad in a clear glass bowl. They are using a wooden spoon with their right hand, while their left hand rests on the edge of the bowl. The salad consists of green leafy vegetables, small orange pieces (possibly carrots), and some brownish bits. The bowl is placed on a dark, textured surface. The background is slightly blurred, showing a wooden floor and a white wall.

Delicious Recipes for Arthritis Relief

The recipes here aim to minimize inflammatory foods that can worsen arthritis and promote healthful, anti-inflammatory foods that may ease arthritis and boost overall health — deliciously.



Berry Chia Yogurt Bowl

This make-ahead breakfast bowl delivers a winning mix of chia seeds, packed with inflammation-fighting omega-3 fatty acids, plus protein and dietary fiber. Serves 2. Recipe by Matthew Kadey.

Ingredients

$\frac{1}{3}$ cup milk or unsweetened dairy-free milk of choice

1 cup plain 2% Greek yogurt

1 $\frac{1}{2}$ cups fresh or frozen (thawed) strawberries, plus more for topping

2 tsp. honey

1 tsp. lemon zest or orange zest (optional)

$\frac{1}{2}$ tsp. vanilla extract

$\frac{1}{2}$ tsp. cinnamon

6 Tbsp. chia seeds

$\frac{2}{3}$ cup muesli

4 Tbsp. chopped walnuts

Directions

1. Place milk, yogurt, strawberries, honey, lemon zest or orange zest, vanilla, cinnamon and a pinch of salt in a blender container and blend until smooth.
2. Stir 3 tablespoons chia seeds into each bowl. Chill bowls overnight to thicken.
3. Top each bowl with equal amounts of muesli, berries and walnuts.

Chef's Notes

Strawberries are rich in antioxidants like vitamin C as well as potassium and folic acid.

Chia seeds are omega-3 powerhouses, which may help reduce inflammation and joint pain, and they're high in calcium, fiber and protein.

Nutritional Information (per serving):

Calories: 494; Fat: 23g; Carbohydrates: 59g; Sodium: 84mg; Sugar: 25g; Fiber: 19g; Cholesterol: 2mg; Protein: 22g



Ham, Swiss, and Avocado Scramble

Make scrambled eggs special with ham, Swiss, and avocado. Eggs provide protein, B vitamins, and folate, which are important for arthritis and weight management. Swap ingredients as needed for taste and nutrition. To make this recipe you will need a knife, a nonstick skillet and a spatula. Serves 2.

Ingredients

4 eggs

2 Tbsp. milk

Salt, to taste

Pepper, to taste

1 slice lean Canadian bacon or ham

1 thick slice Swiss cheese

½ avocado

Directions

1. Beat eggs with milk; add salt and pepper to taste.
2. Chop the Canadian bacon or ham, Swiss cheese and avocado into ½-inch pieces.
3. Heat a nonstick skillet over medium-low heat. When hot, spray with nonstick oil, then add the egg mixture and cook, stirring frequently until eggs are almost done but still just a bit runny.
4. Add the ham, cheese and avocado, and cook until cheese melts and eggs are cooked through.

Nutritional Information (per serving):

Calories: 320; Fat: 25g; Carbohydrates: 7g;
Sodium: 284mg; Sugar: 2g; Fiber: 3g; Cholesterol:
342mg; Protein: 18g



Cold Crunchy Soba Salad With Chicken and Snap Peas

Choose wheat-based pasta for more fiber and fewer refined carbs. This soba noodle salad is quick, slightly spicy, lasts 2–3 days, and can be made meat-free with tofu. To make this recipe you will need a sharp knife, large pot, large mixing bowl, tongs or salad spoons. Serves 4.

Ingredients

For Salad

- 1 (8.8-ounce or similar) package soba noodles
- 2 cups shredded chicken (use leftovers, or a store-bought rotisserie chicken)
- 2 cups snap peas, sliced
- 2 scallions, sliced
- ½ red bell pepper, cut into thin 1-inch strips
- 2 cups roasted (preferably unsalted) cashews
- ¼ cup fresh cilantro, chopped (optional)

For Dressing

- ¼ cup sesame tahini
- 2 Tbsp. dark sesame oil
- ½ cup boiling water
- 1 Tbsp. grated ginger
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. rice vinegar
- 1 tsp. sriracha (or similar Asian chili paste), or to taste (optional)

Directions

1. Cook the soba noodles according to package instructions.
2. Meanwhile, stir the remaining salad ingredients together in a large mixing bowl.
3. Whisk the dressing ingredients together until blended.
4. When the noodles are done, rinse them with cold water until they've cooled completely. Drain, then add to the bowl with the chicken and vegetables.
5. Drizzle the dressing over the noodles, then use tongs or two spoons to gently combine all the ingredients. Serve cold or at room temperature.

Nutritional Information (per serving):

Calories: 956; Fat: 56.8g; Carbohydrates: 79g; Sodium: 862mg; Sugar: 6g; Fiber: 5g; Cholesterol: 62mg; Protein: 44g



Moroccan-Inspired Chicken and Turmeric Rice

This hearty stew is rich in flavorful, anti-inflammatory spices and antioxidant fruits. To make this recipe, you will need a multicooker. Serves 4. Recipe by Jess Thomson.

Ingredients

2 Tbsp. olive oil
1 tsp. ground turmeric
1 tsp. kosher salt
½ tsp. ground ginger
½ tsp. ground coriander
¼ tsp. ground black pepper
¼ tsp. ground cinnamon
Dash cayenne pepper
4 (1½ pounds) boneless, skinless chicken thighs
4 carrots, in 1-inch pieces
1 cup chopped onions, fresh or frozen
1 cup green olives, pitted
1 cup prunes, pitted
1½ cup long-grain rice
1¾ cup chicken broth

Directions

1. In a mixing bowl, stir together olive oil, turmeric, kosher salt, ginger, coriander, pepper, cinnamon and cayenne pepper.
2. Add whole chicken thighs and turn them to coat in the spices.
3. Stir in carrots, onions, olives and prunes. Pour rice and chicken broth into the multicooker pot.
4. Put the chicken and vegetable mixture on top of the rice, seal the multicooker, and set to “pressure cook” on low for 20 minutes.
5. When the cooking stops, carefully turn the vent to release the pressure and wait 1 minute (or up to 20 minutes).
6. Transfer the meat and vegetables to a platter, scoop the rice onto the side, and serve.

Nutritional Information (per serving):

Calories: 715; Fat: 19g; Carbohydrates: 94g;
Sodium: 1245mg; Sugar: 20g; Fiber: 6g;
Cholesterol: 86g; Protein: 43g



Easy Black Bean and Goat Cheese Enchiladas

These enchiladas use jarred salsa for speed and feature tangy goat cheese and creamy avocado — lighter and healthier than traditional versions. Soften tortillas first for easy rolling. To make this recipe you will need a knife for chopping, an immersion blender or regular blender, a mixing bowl and a baking dish. Serves 4. Recipe by Jess Thomson.

Ingredients

- 1 (15 oz) can black beans, drained and rinsed
- 4 oz goat cheese, crumbled
- 2 (12 oz) jars salsa
- 1 ripe avocado, peeled and chopped into ½-inch pieces
- 8 corn tortillas
- 1 Tbsp. chopped fresh cilantro (optional)

Nutritional Information (per serving):

Calories: 304; Fat: 15.2g; Carbohydrates: 35g; Sodium: 842mg; Sugar: 5g; Fiber: 10g; Cholesterol: 13mg; Protein: 11g

Directions

1. Preheat the oven to 375° F.
2. Blend the beans, 3 ounces of goat cheese, ½ cup of salsa and about ¾ of the avocado pieces in a mixing bowl until creamy and set aside.
3. Wrap the tortillas in a damp cloth and microwave on high for 1 minute (or wrap cloth in foil and heat in the oven for 5 minutes) to make them more pliable.
4. Pour about a cup of the salsa into a wide, shallow bowl and spread another cup or so on the bottom of a 7-inch-by-11-inch (or similar) baking dish.
5. Dip one tortilla into the bowl of salsa on both sides, add about ¼ cup filling at one end, wrap the tortilla around the filling and place it in the baking dish, seam side-down. Repeat with the remaining tortillas and filling.
6. Spread the remaining salsa (what's left in the jars and in the bowl) over the enchiladas — spreading it to the edges of the tortillas — and bake for 30 minutes until bubbling.
7. Scatter the remaining goat cheese, avocado and chopped cilantro on top and serve hot.



Lemon-Rosemary Chicken

Keep your kitchen confidence with this quick, low effort lemon-rosemary chicken recipe from Chef Sandra Lee. Ready in 10 minutes — perfect when joint pain limits kitchen time. Use low- or no-sodium broth and salt-free seasoning to keep this lemon-rosemary chicken lower in sodium. To make this recipe you will need a sharp knife, a baking dish and small saucepan. Serves 4.

Ingredients

Four 6 oz. boneless, skinless chicken breast halves
2 tsp. extra-virgin olive oil
1 tsp. salt-free lemon-pepper seasoning
1 tsp. salt-free citrus-herb seasoning (optional)
3 organic lemons, thinly sliced
Fresh rosemary sprigs
1¼ cup organic chicken broth
½ tsp. crushed garlic

Nutritional Information (per serving):

Calories: 373; Fat: 10.7g; Carbohydrates: 2g;
Sodium: 1058mg; Sugar: 0g; Fiber: 0g;
Cholesterol: 204mg; Protein: 65g

Directions

1. Set the oven to 375°F.
2. Brush both sides of chicken pieces with olive oil and sprinkle with lemon-pepper seasoning, citrus-herb seasoning and salt (optional); set aside.
3. In a baking dish, arrange 2 to 3 slices of lemon and a sprig of rosemary for each chicken piece.
4. Place chicken, smooth sides up, on lemon and rosemary. Top each chicken piece with another sprig of rosemary and 2 to 3 slices of lemon.
5. Bake in preheated oven for 20 to 25 minutes or until chicken is no longer pink (165° F).
6. Remove chicken to platter and cover with aluminum foil to keep warm.
7. In a small saucepan, combine half of the rosemary and any browned bits from baking dish. Add chicken broth and garlic. Bring to a boil over medium-high heat; cook until mixture is reduced by half. Using a fine-mesh strainer, strain mixture. Discard solids.
8. Serve mixture with chicken. Garnish with additional lemon slices and rosemary sprigs.



Sheet-Pan Beef and Broccoli

The whole family will enjoy this simple lean meal, which is high in muscle-building protein and rich in antioxidants. This sheet-pan dish combines thinly sliced beef and broccoli florets with a flavorful sauce. It's an easy, nutrient-packed meal that's perfect for busy weeknights. Serves 2 to 4.

Ingredients

1 pound very thinly sliced beef (ask for thin-sliced chuck roast or beef labeled "for stir fry")

12-ounce bag of broccoli florets

2 Tbsp. oyster sauce

½ cup low-sodium teriyaki sauce

1 Tbsp. ginger paste

1 tsp. garlic paste

Chili flakes

Directions

1. Heat oven to 475°F.
2. On a foil-lined sheet pan, toss together beef and broccoli florets.
3. Blend oyster sauce, teriyaki sauce, ginger paste, garlic paste and chili flakes.
4. Pour over beef and broccoli, mixing to distribute.
5. Roast on top oven rack for 15 to 20 minutes, turning pan and tossing ingredients every 5 minutes until the meat is curling and vegetables begin to brown.
6. Serve with brown rice.

Nutritional Information (per serving):

Calories: 427; Fat: 13.6g; Carbohydrates: 23g;
Sodium: 2014mg; Sugar: 10.22g; Fiber: 0.2g;
Cholesterol: 168mg; Protein: 56g

Healthy Tip: Take a pass on processed meats. Sausages, hot dogs, bacon, ham and other processed meats are high in sodium, sugar and preservatives, like nitrites. Studies link processed meats to a rise in C-reactive protein (CRP, a blood marker of inflammation) and certain cancers.



Zucchini Boats

Benefit from phytonutrients, antioxidants and fiber found in vegetable peels with these Italian-inspired zucchini boats. Zucchini is versatile — grill, spiral cut, or stuff it. Keep the peel for antioxidants, fiber, and immune support. Enjoy this nutrient-rich recipe from dietitians Lyssie Lakatos and Tammy Lakatos Shames. To make this recipe you will need a knife, two bowls and a baking pan. Serves 3.

Ingredients

3 medium zucchinis
6 oz. tomato paste
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. dried cilantro
1/8 cup fresh basil, chopped
1/4 cup tomatoes, diced
1/8 cup green onions, chopped
1/2 diced jalapeno (seeds removed)
1 Tbsp. crushed red pepper
1/2 cup Italian bread crumbs
Salt, to taste
Pepper, to taste

Directions

1. Boil 3 medium zucchinis about 10 minutes, then slice lengthwise and scoop flesh into a bowl, leaving 1/4-inch-thick "boats."
2. In a separate bowl combine tomato paste, garlic and onion powders, dried cilantro and chopped basil.
3. Mix zucchini pulp with diced tomatoes, chopped green onions, diced jalapeno, crushed red pepper, Italian bread crumbs, and salt and pepper to taste.
4. Coat zucchini boats with tomato paste blend, fill with vegetable mixture and sprinkle with mozzarella. Bake at 350°F for 10 minutes.

Nutritional Information (per serving):

Calories: 136 ; Fat: 1.7g; Carbohydrates: 27g;
Sodium: 220mg; Sugar: 9g; Fiber: 4g; Cholesterol:
0mg; Protein: 6g



Black Bean Salad with Quinoa, Squash and Lime

This hearty bean and squash salad is packed with fiber, protein, and antioxidants. Use low-sodium beans and season them yourself — it's especially important for those with rheumatoid arthritis or taking corticosteroids. To make this recipe you will need a knife for chopping, a stirring spoon and a large saucepan. Serves 2.

Ingredients

¼ cup dried quinoa

1 cup chopped butternut squash

½ cup, plus 2 Tbsp. water

1 (15 oz) can black beans, rinsed and drained

¼ cup feta, crumbled

2 Tbsp. cilantro, chopped

Salt, to taste

Pepper, to taste

1 tsp. lime juice

1 tsp. olive oil

Directions

1. Simmer quinoa, butternut squash and water together for 15 minutes, partially covered, until the squash is cooked through and water is absorbed.
2. Stir in beans, crumbled feta cheese and chopped fresh cilantro.
3. Season with salt and pepper. Then drizzle with lime juice and olive oil and serve.

Nutritional Information (per serving):

Calories: 715; Fat: 19g; Carbohydrates: 94g;
Sodium: 1245mg; Sugar: 20g; Fiber: 6g;
Cholesterol: 86g; Protein: 43g

Healthy Tip: Expand your pasta palate. Beyond whole wheat are pastas made of quinoa, farro and other grains. Legume-based pastas, like those made from garbanzos, deliver extra protein and fiber.



Bottom's Up Green Salad

Keep your greens from getting soggy at your gatherings with this clever method for making a simple and customizable green salad. Prevent soggy lettuce by placing dressing at the bottom of the bowl under cherries, seeds, and greens. Make vinaigrette ahead for easy assembly — even with arthritis pain or fatigue. To make this recipe by professional recipe developer Jess Thomson, who has lupus, you will need a container with a lid for mixing the vinaigrette and a large bowl for serving. Serves 6.

Ingredients

2 Tbsp. Dijon mustard

½ tsp. kosher salt

¼ tsp. ground black pepper

⅓ cup balsamic vinegar

⅔ to ¾ cup extra-virgin olive oil

1 cup dried tart cherries

¾ cup toasted pumpkin seeds, unsalted

2 (5-oz.) bags mixed baby greens

Directions

1. To make the vinaigrette, stir mustard, salt, pepper and vinegar together in a resealable bowl or jar. Add oil (less for a tart vinaigrette, more for a milder one), close container and shake until ingredients blend into a smooth, brown liquid.

2. Assemble salad up to two hours ahead. Pour ½ cup vinaigrette into salad bowl. Add cherries, then pumpkin seeds and then greens. Just before serving, toss.

Nutritional Information (per serving):

Calories: 410; Fat: 31.8g; Carbohydrates: 28g;

Sodium: 275mg; Sugar: 21g; Fiber: 3g;

Cholesterol: 0mg; Protein: 6g



Cocoa Banana Walnut Bread

Enjoy a healthy treat with this special banana bread that's packed with antioxidant-rich ingredients like cocoa and walnuts. This recipe is made with cocoa powder, so you can reap the health benefits of dark chocolate without its bitter taste or extra fat or sugar. Plus, enjoy additional nutrients from bananas, walnuts and low-fat yogurt. To make this recipe you will need a 9-by-5-inch loaf pan, two mixing bowls, a sifter and a mixing spoon. Serves 8.

Ingredients

1 cup whole-wheat pastry flour

$\frac{3}{4}$ cup cocoa powder

1 tsp. baking soda

1 tsp. cinnamon

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. allspice

2 large eggs

$\frac{1}{2}$ cup brown sugar

$\frac{3}{4}$ cup plain, low-fat yogurt

$\frac{1}{3}$ cup canola or grape seed oil

2 Tbsp. molasses

2 ripe bananas, mashed

1 tsp. vanilla extract

$\frac{1}{2}$ cup chopped walnuts

Directions

1. Preheat oven to 350°F and grease a 9-by-5-inch loaf pan.

2. In a large bowl, sift together flour, cocoa, baking soda, cinnamon, salt and allspice.

3. In a separate bowl, lightly beat eggs, then stir in sugar, yogurt, oil, molasses, bananas and vanilla.

4. Add dry ingredients to wet and mix gently. Fold in walnuts.

5. Pour batter into prepared pan. Bake for 45 to 50 minutes, or until a toothpick inserted in the center comes out almost clean. Let cool several minutes before unmolding.

Nutritional Information (per serving):

Calories: 715; Fat: 19g; Carbohydrates: 94g;
Sodium: 1245mg; Sugar: 20g; Fiber: 6g;
Cholesterol: 86g; Protein: 43g



Maintaining a Healthy Weight

Being overweight or obese is common among people with arthritis, especially osteoarthritis and psoriatic arthritis. Losing weight isn't easy, but it can make a big difference for your joints and overall health.

Extra pounds put stress on knees, hips, ankles, and feet, which can speed up joint damage. Fat tissue also releases chemicals that raise inflammation, making arthritis symptoms worse. Too much body fat can even affect how well some arthritis medicines work.

Healthy eating and small changes, like drinking water instead of soda or adding more vegetables, can help you reach a weight that eases joint pressure. Aim for slow, steady progress. Even a little weight loss can reduce pain and improve movement. If you need help, talk to your doctor about safe options like a diet plan or weight-loss medicine.

Will Popular Diets Work for You?

No doubt you've heard people say that giving up gluten, dairy or nightshade vegetables (such as tomatoes, peppers, eggplant and potatoes) helped their arthritis. It might be worth a try — but it's not a guarantee for everyone. Some people do have sensitivities to certain foods that can make inflammation or joint pain worse, but eliminating a food won't help everyone who tries.

If you want to find out whether a specific food affects your symptoms, keep a food diary. Record what you eat and any changes in your pain or stiffness over several weeks. This can help you identify patterns and determine which foods may be triggering symptoms for you.

Try eliminating one suspect food for a week or so, then add that food back in to your diet and see if symptoms return. Discuss any major dietary changes with your health care professional or registered dietitian to ensure you're still getting the nutrients your body needs.

GOUT DIET CONSIDERATIONS

Perhaps more than for other forms of inflammatory arthritis, diet can be a key part of managing gout, or “gouty arthritis.” Some people don’t process a waste product called uric acid well, so excess uric acid can build up and form crystals in joints, leading to painful attacks. Genes are mainly responsible for how well your body processes uric acid (and not all people with high levels of uric acid develop gout). So medications are a must for most people with chronically high uric acid. But diet also plays a role.

Uric acid is produced naturally by one’s body, but it also is in many foods. Reducing the amount of purines

you consume by limiting purine-rich foods may help control gout attacks. These include alcohol, sugary sodas and other foods containing high-fructose corn syrup, as well as refined carbohydrates. (Both are in countless processed, packaged foods.) Other high-purine foods include red meat, liver and other organ meats, beer (including nonalcoholic beer), lobster and other shellfish, sardines and anchovies.

The best diet plan for gout? A Mediterranean-style or DASH diet (a similar plant-based eating plan created to combat hypertension).





Meal Prep & Kitchen Tips For People With Arthritis

Living with arthritis can make cooking harder. Stiffness, pain or weak grip makes chopping, stirring, lifting and cleaning tiring. With these tips, meal prep is easier, safer and more enjoyable.

1. Plan Ahead

- **Make a weekly menu:** It will help avoid last-minute stress and ensure you have ingredients ready.
- **Batch cook:** Prepare larger portions when you're feeling good and freeze single-serve leftovers.
- **Choose simple recipes:** Slow cookers, sheet-pan dinners, and one-pot meals save time and effort. Try meal kits or pre-made meals. Pre-measured ingredients cut down on prep, and ready-to-eat meals can be a nutritious alternative to takeout.

2. Set Up Your Kitchen for Comfort

- **Keep essentials handy:** Store spices, oils and utensils you use frequently at waist level so you can avoid bending or reaching.
- **Clear countertops:** A tidy prep space reduces lifting and moving heavy items.
- **Use a stool or chair:** Sitting while chopping or stirring eases joint pain and fatigue.

3. Use Arthritis-Friendly Tools

- **Choose ergonomic utensils:** Use knives, peelers and can openers with wide, cushioned handles that are easier to grip.
- **Rely on electric gadgets:** Let electric can openers, jar openers or food processors handle tough tasks and reduce strain on your hands.
- **Switch to lightweight cookware:** Use nonstick pans or ceramic-coated pots that are easier to lift, carry and clean.

4. Prep Ingredients the Easy Way

- **Use pre-cut or frozen produce:** Save chopping time and discomfort with bagged salads, frozen fruits or pre-chopped vegetables.
- **Cut with kitchen shears:** Snip herbs, meats or even pizza with scissors instead of using a knife.

- **Slide instead of lift:** Move heavy pots or dishes by sliding them across the counter. Find a cutting board with rubber feet, which help keep it steady.
- **Choose prepared foods:** Pick items like rotisserie chicken, pre-cooked grains or healthy frozen meals — without added preservatives and chemicals — to save time and reduce effort in the kitchen.

5. Save Energy While Cooking

- **Cook in stages:** Prepare ingredients in the morning and cook later.
- **Soak instead of scrub:** Fill pots with warm soapy water after use for easier cleaning.
- **Use liners and parchment:** Slow-cooker liners and parchment paper save on scrubbing.
- **Ask for help:** Cooking can be more fun — and easier — when it's shared. Invite your partner, kids or roommate to help with prep or cleanup.

6. Mind Your Body

- **Stretch:** Gentle stretches before and after cooking reduce stiffness.
- **Use good posture:** Keep shoulders relaxed and avoid leaning over counters for too long.
- **Take breaks:** Rest if pain flares — listen to your body. Cooking with arthritis may take some adjustments, but the right tools and strategies make it easier to stay independent in the kitchen. Work smarter, not harder, and save energy for the moments that matter most.

CONCLUSION

Eating a variety of nutrient-rich, anti-inflammatory foods can help manage arthritis, reduce joint pain and keep you active. Small, consistent changes — like adding a serving of vegetables or fruit to your lunch or switching from white to whole-grain bread — can make a big difference over time.

Remember: It's not about perfection. Enjoy foods in moderation, drink plenty of water and pay attention to how your choices affect your energy and joint comfort. Combined with maintaining a healthy weight and staying active, smart food choices can help control your arthritis and help you feel your best every day.

“Build a healthy relationship with food. Your body is already fighting inflammation. You don’t want to add another fight.”

— Cristina Montoya, registered dietitian





It's **GREAT** *To Meet You*

We're so excited to have you in our community and can't wait to help you **Live Your Yes!**

Helpful Resources

To get started on your personal journey, we hope you'll take advantage of some of the many tools and resources designed for you. Here are a few to get you started.

- ▶ Join a **Connect Group** today to make connections and get information and resources to help you manage your pain.
- ▶ Have questions? Our licensed clinical staff is available to you to provide **one-on-one personal support**.
- ▶ **A variety of tools** are accessible online to help you reduce pain, promote your independence and live your best life.
- ▶ Ready to connect locally? Check out programs and **events in your area**.

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