

The Arthritis Foundation presents:

*Webinar Series*  
**Eating Made Simple  
for Arthritis**



**We'll begin shortly...**

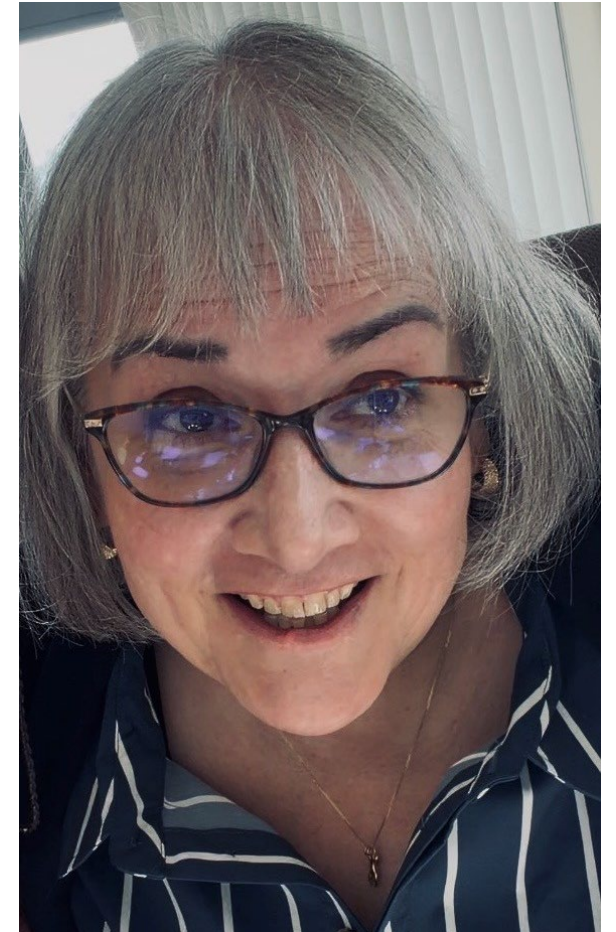


# About Me: Susan Partridge

- **Widow, three children and five grandchildren**
- **Medically retired Operational Risk Executive**– Bank of America
- **Connect Group Facilitator** – DC Metro
- **Living w/ Rheumatoid Arthritis and Osteoarthritis** – diagnosed 7 years ago



Moved to an anti-inflammatory, plant-based diet 14 months ago to improve my overall health

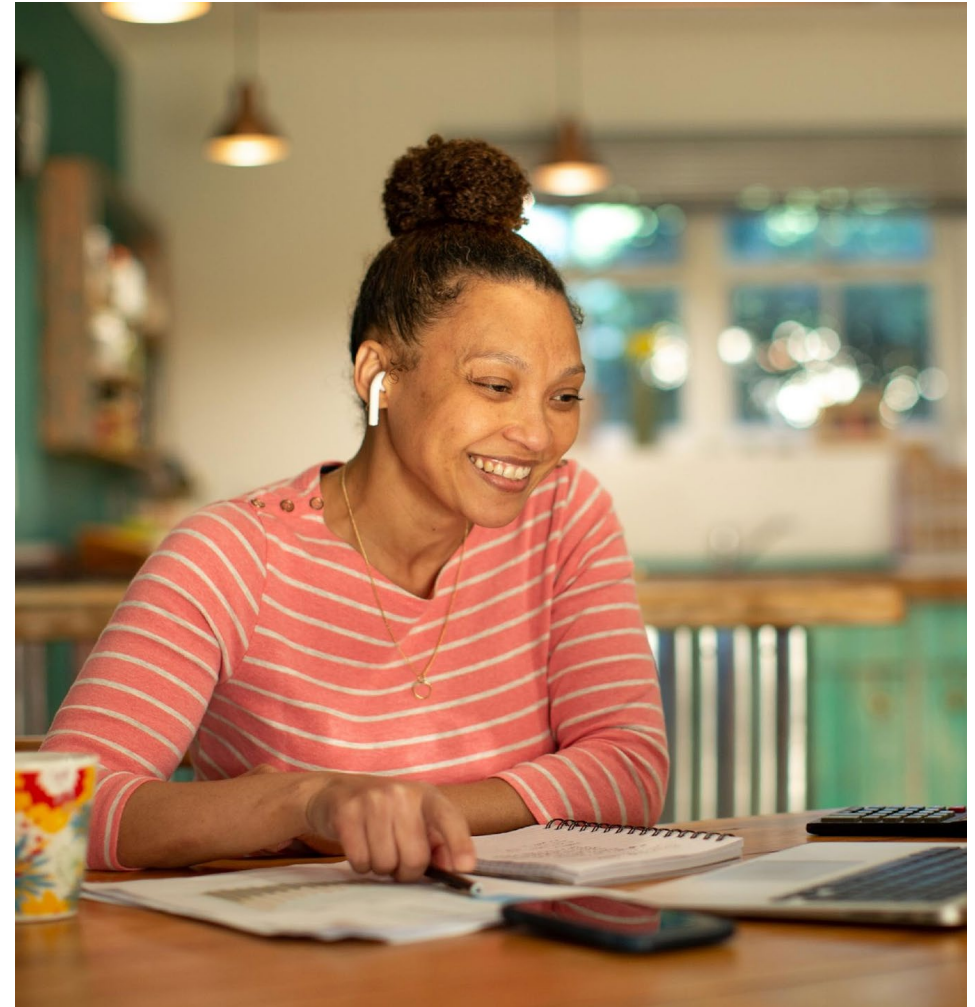


# Event Program

- ✓ You are muted
- ✓ Q&A bottom of screen
- ✓ Presentation, Live Q&A
- ✓ Post-Event Survey
- ✓ **Recording, PPT and E-Resource  
Past Webinars Page**



[Arthritis.org/Webinars](https://www.arthritis.org/webinars)



# What's Your Biggest Healthy Eating Challenge?

a) It's too expensive.

b) Not a lot of healthy options around me.

c) Too much information. I don't know where to start!

d) I just don't crave things that are "good" for me.

e) I have a lot of food sensitivities.



# Tonight, You'll Learn:



Evidence-based eating tips for arthritis



Budget-friendly shopping tips



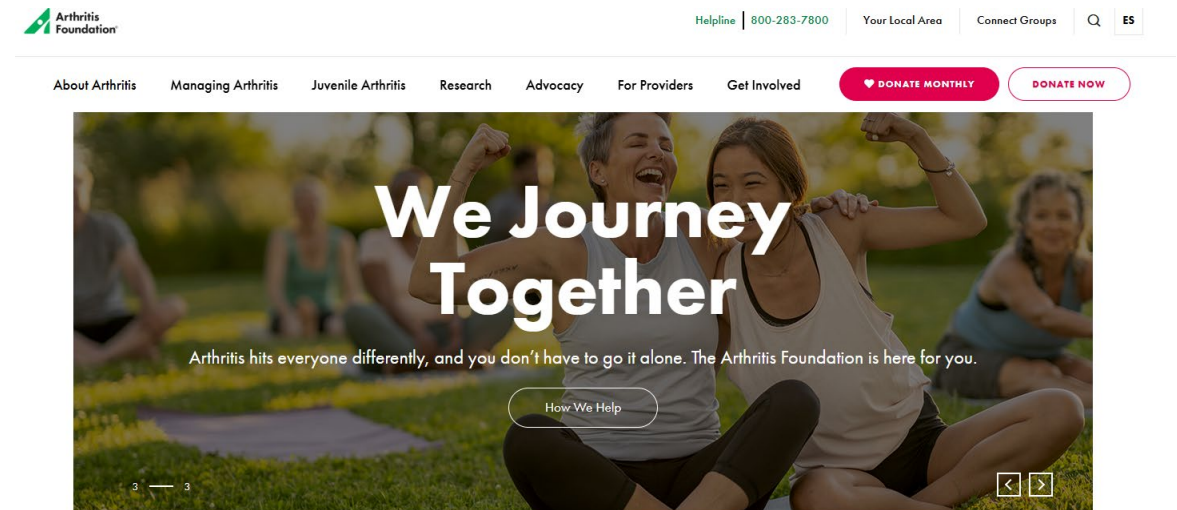
Basic meal planning ideas



# This Webinar Is About *Food and Nutrition*

For in-depth information about pain management, sleep, exercise, etc.:

- [Arthritis.org/health-wellness](https://Arthritis.org/health-wellness)
- [Arthritis.org/webinars](https://Arthritis.org/webinars)
- [Arthritis.org/podcast](https://Arthritis.org/podcast)
- [Arthritis.org/YESTOOL](https://Arthritis.org/YESTOOL)



## About Arthritis



# Ginger Hultin, DCN, RDN, CSO



- **Owner, Ginger Hultin Nutrition**  
([Gingerhultinnutrition.com](http://Gingerhultinnutrition.com))
- **Registered Dietitian Nutritionist** – credentialed and accredited in evidence-based nutrition
- **Doctor of Clinical Nutrition** – advanced degree for RDNs focused on evidence-based outcomes
- **Bastyr Center for Natural Health** – clinical instructor and nutrition clinic coordinator



*Integrative nutrition expert specializing in plant-based and anti-inflammatory diets for oncology, autoimmune and digestive diseases.*



# Why Diet Matters for Arthritis

# Disclaimer:

This webinar is for educational purposes only and **not intended** to replace medical advice.



**ALWAYS** Talk to Your Doctor or a Registered Dietitian Before Making Changes!





**Reminder – DIET** refers to a way of **LIFE**.  
*The goal is to improve health. Not just about weight loss!*





# When It Comes to Healthy Eating for **ALL** Types of Arthritis...



An **Anti-Inflammatory Diet** Is Key

*When in doubt, follow the rainbow!*



# But First, What Is Inflammation?

Natural healing response  
designed to repair and protect  
the body...  
***until it goes wrong!***



# Two Types of Inflammation

## ACUTE

- Starts quickly
- Caused by germs, injury, disease activity (IA flares), overuse or injury (OA/IA)
- Immediate symptoms (red, swollen, painful, hot)
- Goes away when healed

**VS**

## CHRONIC

- Long-lasting & ongoing
- Continues w/o clear cause
- Subtle symptoms (dull aches, tiredness)
- Can harm body over time
- Ex: Sustained joint damage or disease activity from OA/IA



# Chronic Inflammation Also Linked To:



Metabolic syndrome and related conditions



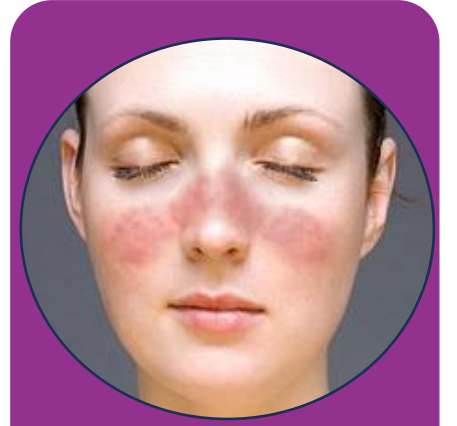
Liver Disease



Depression/ anxiety



Some types of cancers



Autoimmune diseases



An **Anti-Inflammatory Diet** Can Also Help These Issues, Too!



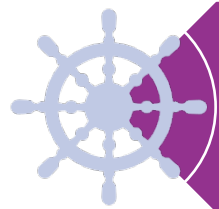
# Taming Inflammation Linked to Arthritis:

- Stress management
- Sleep
- Exercise/movement
- Weight maintenance
- Limiting toxins
- ***Eating an anti-inflammatory diet  
(the focus of today's talk)***

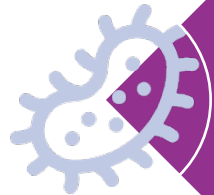


# A Healthy Diet for Arthritis...

## CAN:



Help manage related conditions



Promote gut health

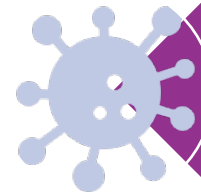


Lower inflammation for joint health

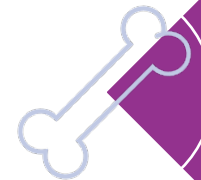
## CANNOT :



Substitute Rx medication



Control inflammation entirely



Repair worn-away cartilage



# *What to Eat for* Arthritis

# Evidence-Based Anti-Inflammatory Diets

Diet	Include	Decrease
<b>Mediterranean</b>	Fruits/veg/whole grains/beans/fatty fish/olive oil	Red meat, sugar
<b>Vegetarian/Vegan</b>	Plant-based proteins, fruits, veggies, whole grains	Meat/seafood/dairy/eggs
<b>DASH</b> Dietary Approaches to Stop Hypertension <i>*especially for gout</i>	Low in sodium, based on whole-foods (including meat)	Sodium <1500mg/day, ultra-processed foods

<https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet>  
<https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/vegetarian-diet-arthritis>  
<https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/eat-right-for-your-type-of-arthritis>



# What Does This All Mean? Bottomline:



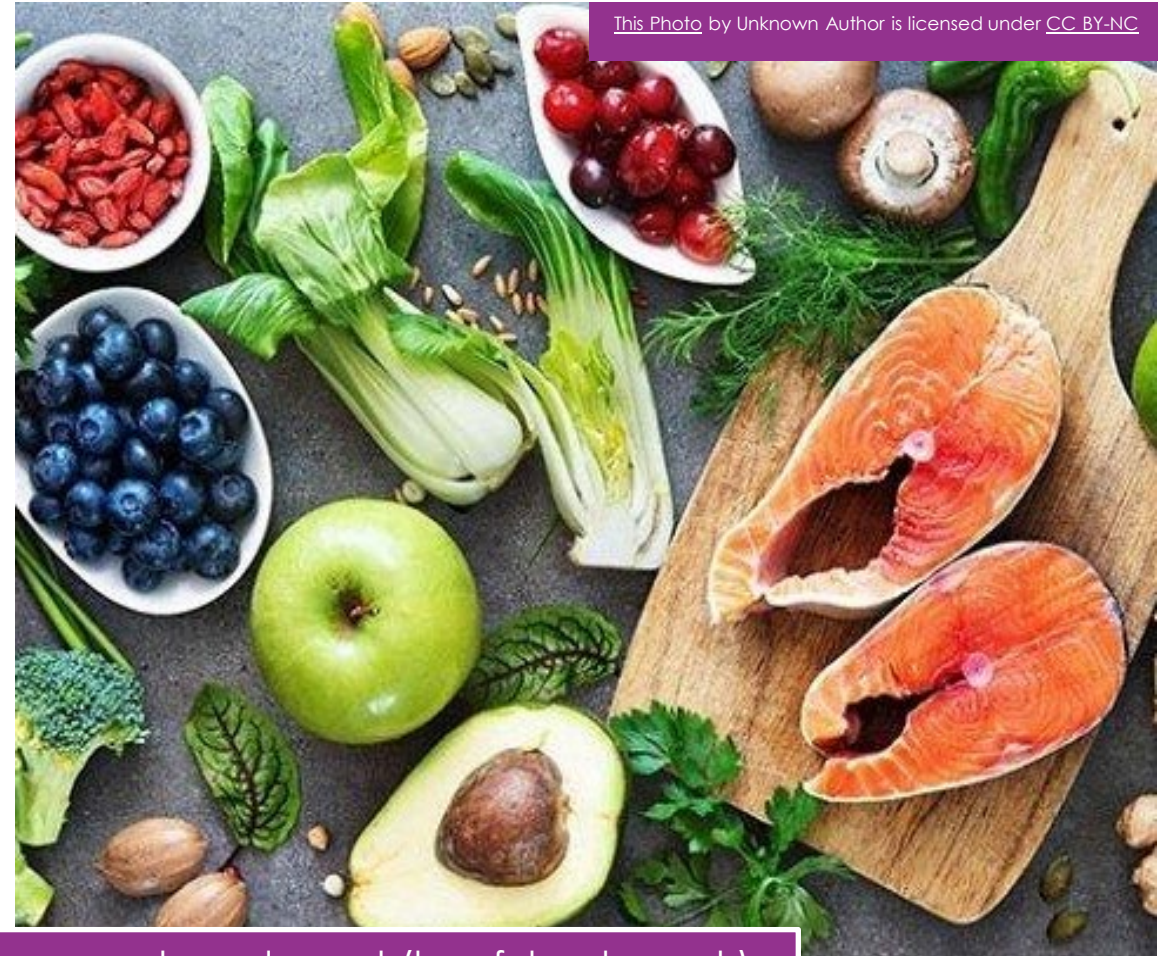
The **EVIDENCE** supports a  
balanced,  
**Plant-Forward Diet**

**Caution: Just because it's vegetarian, doesn't mean it's anti-inflammatory!**



# Foods that Calm Inflammation

- Fruits and vegetables (bonus for brightly colored)
- Whole Grains (Look for 100%)
- Nuts/seeds
- Fish/Seafood
- Olive Oil
- Beans/legumes (including soybeans)
- Cocoa/Cacao
- Tea + Coffee
- Herbs and Spices



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Gout– avoid organ meats, red meat (beef, lamb, pork), certain seafood (anchovies, sardines, shellfish), and high-fructose corn syrup.



# Foods that Promote Inflammation

- Trans fats (partially hydrogenated oils)

\*banned in the U.S.

## High Intake of:

- Added Sugar
- Sugar-sweetened beverages\*
- Ultra-processed foods
- Processed meats\* (bacon, sausage, hot dogs, deli meat, etc.)
- Alcohol\*



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\*Gout – especially important to avoid along with organ meats, red meat, shellfish, certain seafood (anchovies, sardines) to avoid flare



# Completely Plant-Based?

## Consider:

- Calcium
- Choline
- Iron
- Iodine
- Omega-3 fatty acids (DHA/EPA)
- Vitamin D
- Vitamin B12
- Zinc



Work with an RDN to ensure you're getting what you need



# All Supplements Aren't Created Equal!

## Consider:

- Supplements not regulated by FDA
- Look for third-party tested
- **Consumer Lab, USP, NSF**

## Most Studied for Arthritis:

- Turmeric/Curcumin
- Fish Oil or Omega-3 Fatty Acids (DHA/EPA)
- Ginger



# For Microbiome and Gut Health Support



## Prebiotics

- Food (fiber) for "good" bacteria
- Plentiful in an anti-inflammatory diet

## Probiotics

- Foods with active live cultures (yogurt, kefir, kombucha, apple cider vinegar)
- Fermented foods (tempeh, kimchi, sauerkraut)



What about  
supplements?



# Arthritis Food Myths and Facts

# Misunderstood Foods

**Dairy:** Low fat seems to be best.

**Gluten:** Many do NOT experience inflammation.

**Meat:** Does not appear to be inflammatory at moderate levels. Consider saturated fat in different meats.

**Nightshades:** Vegetables with 'solanine' (eggplant, tomato, potato, peppers) do not appear to be inflammatory.

**Seed oils:** Sunflower, safflower, corn, canola, soybean, grapeseed. Consider ratio of omega 6: omega 3.

**Soy:** Unprocessed soy foods (tofu, tempeh, miso, edamame) linked to lower inflammation levels.



# Trendy Diets: Should You Try One?

## Keto – low carb, high fat

- 90% fat, very low carb to be in *ketosis* (where fat is primary fuel source)

## Paleo – diet of “ancestors”

- Meats, fruits, eggs, nuts, vegetables, seeds (no dairy, legumes, grains, sugars, processed foods)

## Autoimmune Protocol (AIP) – strict, multiphase elimination diet

- Initially excludes grains, dairy, nightshades, eggs, nuts, and processed items.
- AIP specifically may help someone identify trigger foods

**Every person is DIFFERENT**



# More on Elimination Diets

## Timeline:

- **4-6 weeks:** Elimination of possible triggers.
- **3-5 days:** Reintroduce 1 at a time for 2 meals per day, until all triggers are reintroduced.

*Pay attention to skin, gut, joints, energy, sinuses, brain fog, etc. for 3-5 days after introduction.*



Must work with an RDN for safety!



Meat



Wheat/Gluten



Eggs/Poultry



Dairy



Added Sugar



Nightshades/Soy/Corn



# Don't Overlook Hydration!

## Water is critical for:

- Regulating energy
- Keeping joints lubricated
- Brain function
- Skin health
- Mood
- Delivering nutrients to your tissues
- Detoxifying/removing waste
- ***Don't wait until you're thirsty!***



Fruits and vegetables  
can help hydrate, too!



# How to Meal Prep

# Rules for Better **PREP!**

**P**

**PREPARE** for the week ahead.

**R**

**READ** food labels with purpose.

**E**

**EQUIP** your kitchen with the right tools.

**P**

**PACK** your pantry/fridge with staples.



# P: Prepare for the Week Ahead

## Set aside 1-2 hours to:

- Cook a pot of quinoa or rice
- Wash/chop ingredients/veggies and store
- Create a sheet pan or slow cooker meal
- Hard boil eggs
- Prep dips and dressing
- ***Vegan Lemon Vinaigrette***



GingerHultinNutrition.com



# R: READ Food Labels with Purpose

## Consider:

- Fiber
- Fortification (Calcium/Vitamin D)
- Added Sugar
- 100% Whole Grain

## Is It Worth the Money?

- Organic?
- Wild caught? Farm Raised is **OK!**
- Natural Nitrates vs. Nitrites?



## Nutrition Facts

**8 servings per container**

Serving size 2/3 cup (55g)

Amount per 2/3 cup

**Calories 230**

% DV\*

<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<i>Trans Fat</i> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
<b>10%</b>	<b>Vitamin D</b> 2mcg
<b>20%</b>	<b>Calcium</b> 260mg
<b>45%</b>	<b>Iron</b> 8mg
<b>5%</b>	<b>Potassium</b> 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.



# E: Equip Your Kitchen

- Blender
- Cutting Boards
- Food processor
- Knives Measuring Cups/Spoons
- Mixing Bowls
- Soup Pot
- Saucepan
- Sheet Pan
- Skillet
- Spoons/Spatulas
- Tupperware



Find budget-friendly links in e-resource



# E: Equip Your Kitchen



**Dycem**



**Rocker Knife**



**Jar Opener**



**Loop Scissors**



**Electric Jar Openers**



**Electric Can Openers**



# P: Pack Your Pantry with Staples

- Bread – Whole Grain (freezer friendly)
- Canned beans/lentils
- Canned tomato sauce
- Dried spices – Basil, Oregano, Dill, Cumin
- Nut butters
- Nuts/seeds
- Olive oil
- Pasta - Whole grain or chickpea/lentil
- Tortillas – Corn/Whole Grain
- Uncooked quinoa/rice
- Quick-cook steel cut oats



Cost Savers – Opt for dried, bulk and canned!



# P: Pack Your Fridge with Staples

- Eggs
- Frozen fruits and veggies (ready to steam)
- Firm tofu
- Healthy dips (hummus, guac, salsa)
- Minced jar garlic
- Milk – skim or unsweetened non-dairy of choice
- Riced cauliflower (sub for rice/quinoa)
- Veggies/Greens (Pre-washed/Pre-chopped)
- Yogurt/Cottage Cheese – low fat, no added sugar



Time IS Money!



# Meal Ideas

# Simple Breakfast Ideas

- Tofu Scramble
- Whole Grain Oats with Fruit/Overnight Oats
- Protein Berry Smoothie
- Avocado Toast with Eggs
- Cottage Cheese/Yogurt with Nuts and Berries
- Chia Pudding

## **Brunch Specials**

- Protein Pancakes/Fluffy Flax Pancakes
- Open Faced Eggs Florentine
- Egg White Frittata with Veggies



[Arthritis.org/recipes](https://www.arthritis.org/recipes)



# Recipe Formulas – Power Bowls

## Step 1: Build a Base

- 1-2 cups Greens + ½ -1 cup Grains

## Step 2: Add Veggies/Fruit

- 1-2 cups

## Step 3: Pack in Protein

- Plant-based - ¾ – 1 cup
- Animal – lean poultry, fatty fish - 3-5 oz

## Step 4: Garnish

- 1-2 tbsp or small handful

## Step 5: Season/Dress

- 2-3 tbsp



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# Example – Tex Mex Power Bowl

## Step 1: Build a Base

- Romaine + Brown Rice or Quinoa

## Step 2: Add Veggies/Fruit

- Fajitas (onions, peppers, tomatoes, corn)

## Step 3: Pack in Protein

- 1 cup low-fat canned beans/refried beans

## Step 4: Garnish

- Cilantro/Pumpkin Seeds/low-fat cheese

## Step 5: Season/Dress

- Guacamole or Salsa



# Snack Ideas

- Air-popped popcorn
- Chia pudding
- Celery +peanut butter
- Dark chocolate square
- Edamame
- Energy balls
- Hard-boiled eggs
- Nut butter + fruit
- Part-skim mozzarella sticks
- Trail mix
- Veggies + Dip (Hummus!)
- Whole grain PB&J
- Yogurt/Cottage cheese + fruit



# Recipe Formulas – Sheet Pan

## Step 1: Choose Protein

- 1lb (Fatty fish, skinless chicken, tofu, etc.)

## Step 2: Add Veggies/Healthy Starch

- 2-3 cups (Broccoli, brussels sprouts, potato, etc.)

## Step 3: Opt for Healthy Fat

- 1-3 tbsps. Olive Oil

## Step 4: Spice It Up

- 2-4 tsps.

## Step 5: Freshen Up

- Lemon zest, parsley springs, avocado



<https://therealfooddietitians.com/one-pan-salmon-and-veggie-bake/>



# Dinner Examples – Using Prepped Staples

## Easy Bean Burgers

- Canned beans
- Garlic, cumin, black pepper, salt
- Eggs, breadcrumbs, oats

## Creamy Veggie Pasta

- Whole grain, bean or lentil pasta
- Veggie broth
- Canned veggies/black beans



# What IF?! You Asked!

I don't like beans or tofu. Can I still be plant-based?

Help! My kids are picky eaters! Forget salmon!

I'm tracking protein. Can I get enough with a plant-based diet?

Eating out is a big part of my life. Tips for eating healthier?



# Quick Recap



**Eat:** Lots of plants, whole grains, fatty fish, beans, nuts, seeds.



**Limit:** Added sugar, saturated fat (red meat), alcohol and processed snacks.



**Do:** Plan ahead, prep in batches for the week and keep staples on hand.

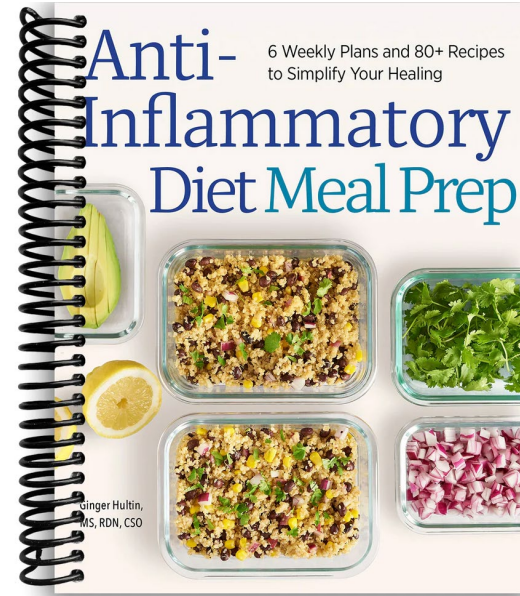


**Don't:** Try an elimination diet or introduce a supplement without medical supervision.



# More Resources

- **GingerHultinNutrition.com**
- ***Anti-Inflammatory Diet Meal Prep***
- ***How to Beat Disease Cookbook: 75 Recipes to Help Protect Your Wellbeing***



Go to [Arthritis.org/webinars](https://www.Arthritis.org/webinars) for FREE e-resource



# Questions?

1.800.283.7800 / [helpline@arthritis.org](mailto:helpline@arthritis.org)

- Better understand your disease
- Interpret your insurance coverage
- Connect with other people like you
- Get involved and Volunteer

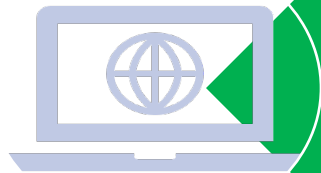


# Upcoming Webinars



May 28: Pain Relief That Really Works

June 18: Hormones, Joints and Women's Wellness



Register Here:  
[Arthritis.org/webinars](https://www.Arthritis.org/webinars)



# JA Specific Resources

## JA Family Summit – Indianapolis – July 16-19

- Registration closes June 1.
- [Arthritis.org/JAFamilySummit](https://www.arthritis.org/JAFamilySummit)

## JA Explained

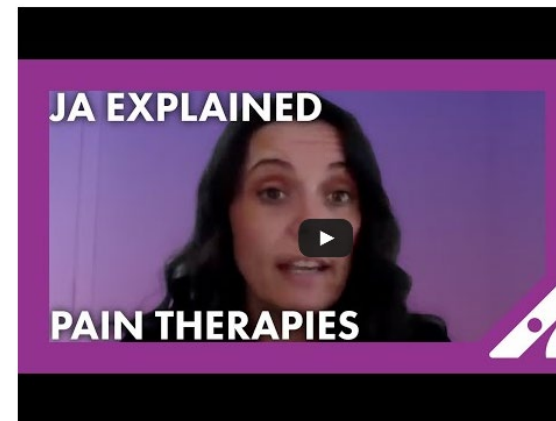
- Short videos on a range of JA- related topics
- [Arthritis.org/JAExplained](https://www.arthritis.org/JAExplained)

## JA Webinars

- Finding Your Way With JA – August 27
- [Arthritis.org/Webinars](https://www.arthritis.org/Webinars)

## Raising a Child with Arthritis

- May 19 – Managing Med Side Effects
- [Connectgroups.arthritis.org](https://connectgroups.arthritis.org)



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# Upcoming Virtual Connect Group Events

## Chronic Pain

Every Monday,  
6pm ET

## Newly Diagnosed

Share Your Story,  
May 14<sup>th</sup>; 7:30pm  
ET

## Rheumatoid Arthritis

Mediterranean  
Diet  
May 14<sup>th</sup>; 3pm ET

## Movement Matters

Strength and  
Balance;  
May 24<sup>th</sup>; 12pm ET

**Explore the more than 50+ in-person and online support groups.  
Find groups by topic, disease type and location here:**



[connectgroups.arthritis.org](https://connectgroups.arthritis.org)



# Thank You!

Take the survey and let us know what you think!

Join us next time – recordings:

**[Arthritis.org/webinars](https://www.arthritis.org/webinars)**

