

The Arthritis Foundation presents:

Webinar Series The Power of Food and Nutrition for Arthritis

In collaboration with

Sponsored by



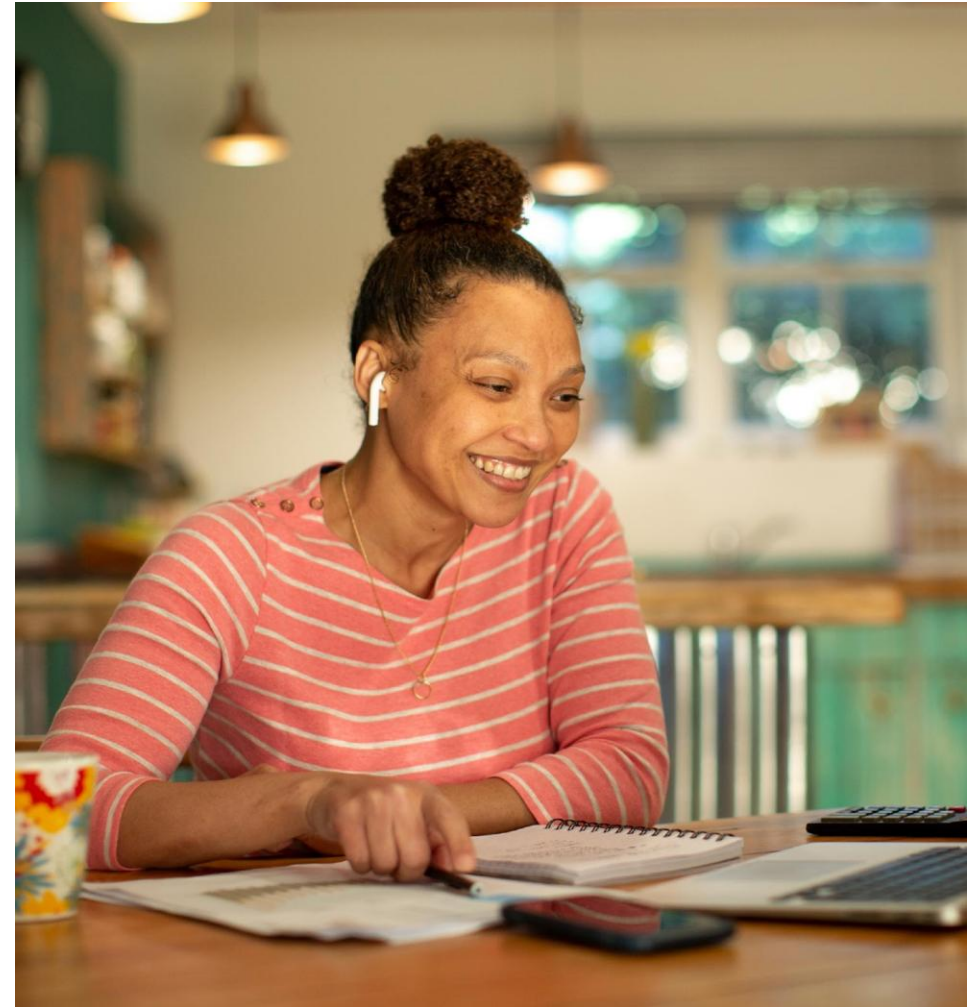
We'll begin shortly...

Event Program

- ✓ Everyone muted
- ✓ Q&A
- ✓ Spanish/Español option
- ✓ Presentation; Live Q&A
- ✓ Post-Event Survey
- ✓ **Recording:** [YouTube.com/ArthritisFoundation](https://www.youtube.com/ArthritisFoundation)
- ✓ Presentation/resources available next week



Arthritis.org/Webinars



POLL: What's your biggest challenge when it comes to healthy eating?

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



The role of gut health for inflammation



Basic meal planning ideas



This Webinar Is About Food and Nutrition

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

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



Tonight's Expert –Neha Shah, MD



- Integrative Rheumatologist
- Clinical Assistant Professor - Immunology and Rheumatology, Stanford University
- Board certified in Lifestyle Medicine
- Advanced training in Functional Medicine
- Pursuing Training in Ayurvedic Medicine



Integrative Rheumatology accounts for the all aspects of lifestyle (social, emotional, etc.), not just the physical.



Disclaimer:

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



**ALWAYS Talk to Your Doctor
Before Making Any Changes to
Your Care Plan!**



Why Diet Matters For Arthritis

But First, What Is Inflammation?

Natural healing response designed to repair and protect the body...

...until it goes wrong!



Ways to Tame Arthritis Inflammation

- Stress management
- Sleep
- Exercise
- Weight maintenance
- Limiting toxins
- Social Connection
- ***Eating a healthy diet (focus of today's talk)***



A Healthy Diet for Arthritis:

CAN:



Increase sense of control



Lead to better gut health

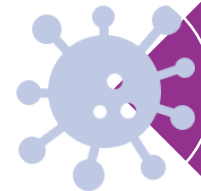


Lower inflammation for overall health and healthy joints

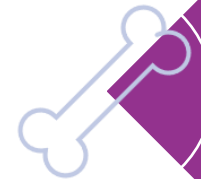
CANNOT :



Substitute Rx medication



Be the only lifestyle change used to lower inflammation



Repair worn-away cartilage



Healthy Eating Basics

What's the Evidence?

Whole-Food, Plant-Based Diets

RA: Plant-based and gluten-free

OA and RA: “Mediterranean-like”

- 100% Whole grains (quinoa, brown rice, whole wheat)
- Beans, lentils, peas, legumes
- Nuts
- Extra-virgin olive oil
- All vegetables and fruits
- Fatty fish (salmon, sardines, herring, mackerel) – **3xweek**
- Tempeh/Tofu



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Emphasis on plant-based for both OA and RA!



Spices & Phytonutrients

Phytonutrients

Plant-based compounds that can:

- Reduce inflammation
- Protect cells from damage
- Support a healthy immune system
- Lower risk of chronic disease

Spices in Daily Cooking:

- Turmeric (anti-inflammatory)
- Ginger (anti-inflammatory, digestion)
- Cinnamon (blood sugar)
- Garlic (immune/heart health)
- Oregano (anti-microbial/anti-oxidant)
- Rosemary (anti-microbial/anti-oxidant)
- Cilantro (chelating, anti-oxidant)
- Parsley (anti-oxidant)



Just Follow the
Rainbow!



Good for You, Good for the Planet

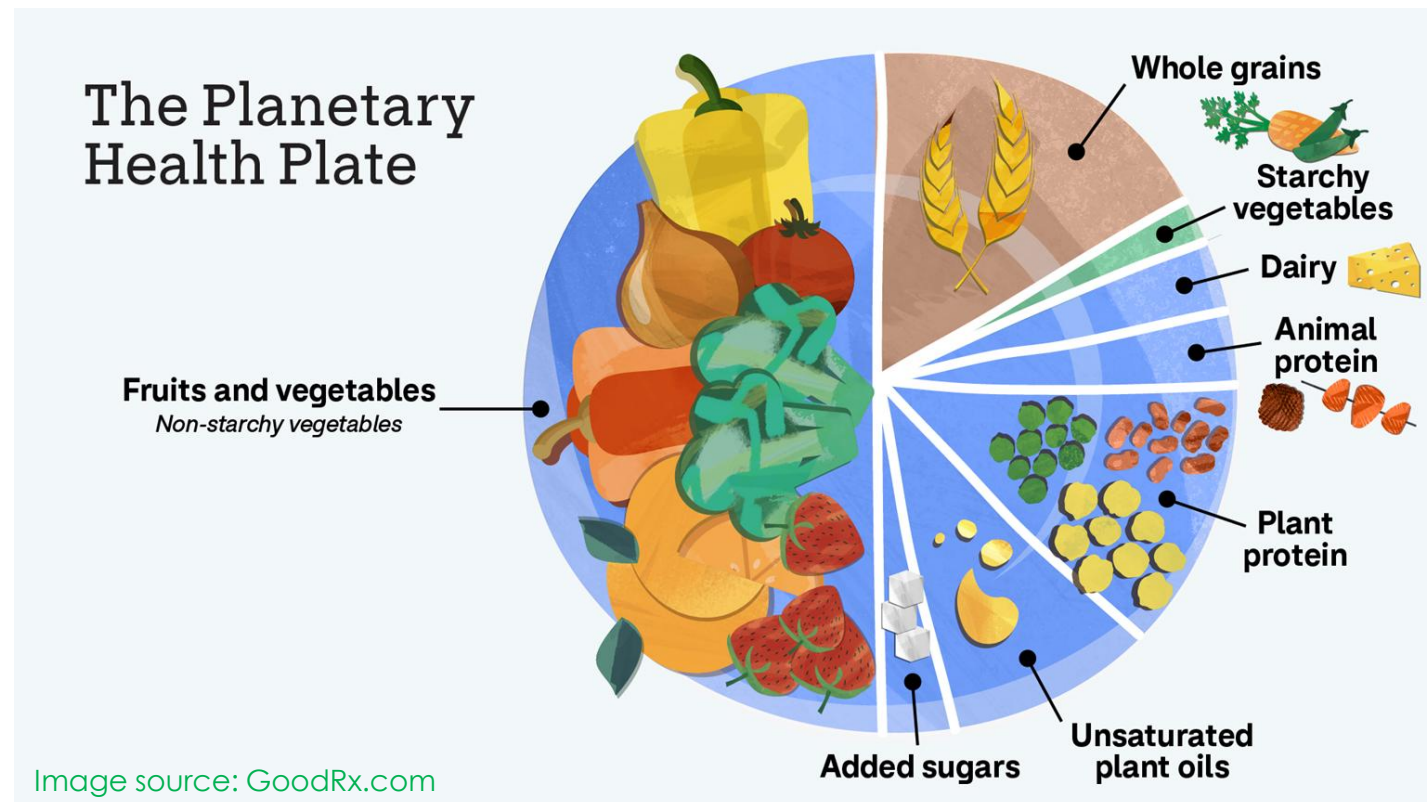
Food production

- 1/3rd greenhouse gas emissions

Not all or nothing!

If U.S. ate just a quarter less meat:

- Save **82 million metric** tons of greenhouse gas emissions each year



Think Twice



White flour



Added sugar



Artificial sweeteners



Trans Fat & Sat Fat



Red meat



Processed meats



Alcohol

Total Carbohydrate	18g	7%
Dietary Fiber	1g	4%
Total Sugars	0g	
Includes 0g Added Sugars	0%	
Sugar Alcohol	15g	
Protein	2g	
Vit. D	0mcg	0%



THE BASIC STAMP



THE 100% STAMP



Don't let labels fool you!



The Truth About Seed Oils

Sunflower oil, safflower oil, corn oil, canola oil, and soybean oil

- Bad rap → found in many processed foods that have other undesirable ingredients
- Cooking with seed oils in moderation is fine

 *It's about the ratio of Omega 6's to Omega 3's!*



Eating Well with Gout

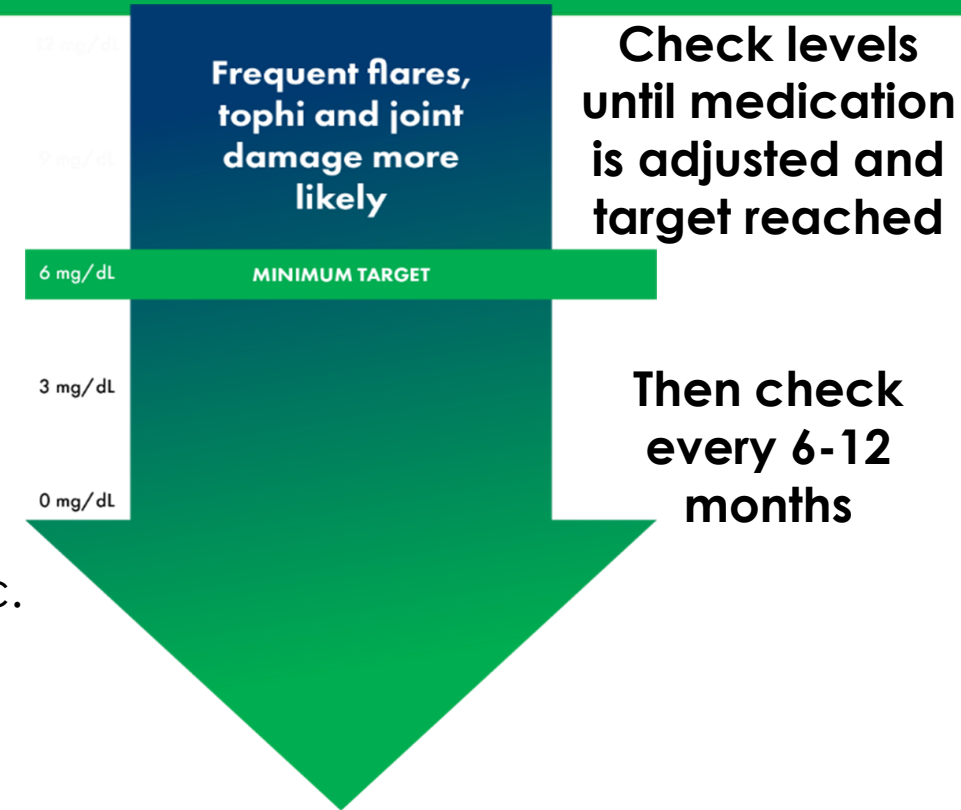
Same principles apply **BUT** be extra aware of:

Purine-rich foods

- Modestly increase urate levels
- Meats, seafoods, alcohol, sugar, high fructose corn syrup, etc.

Diet matters but NOT alone enough for gout.

- BUT **very** important for ***gout-related*** diseases
- Diabetes, heart disease, hypertension, etc.
- **Healthy habits/self-care matter (for all arthritis, too!)**
 - Physical activity & weight management



Follow medication as prescribed.



What About Gluten? Nightshades?

NO Gluten: Celiac Disease or other gluten sensitivities.

Some studies show some benefit for gluten-free diets in RA.

Nightshades:

Limited research has been done.




BUT EVERYONE IS DIFFERENT!



Thoughts on Dairy

- Conflicting research
- Some say it's inflammatory
- **Dairy not a SINGLE food**
 - Evidence strongest for yogurt
 - Probiotics (more on that later)



My take as a holistic
rheumatologist and
ayurvedic practitioner...



All This Brings Us to...Should You Try an Elimination Diet?

My clinical experience –
mostly applies to
inflammatory arthritis



Meat



Wheat/Gluten*



Eggs/Poultry*



Dairy



Sugar



Nightshades*



Elimination Diet How-To

- ✓ Can do several items all at once or one
- ✓ Aim for **4-6 weeks** of elimination
- ✓ Reintroduce one item at a time for **2 meals** and pay attention to skin, GI, joints, energy, sinuses, brain function, etc. for **3-5 days**



Role of Gut Health

What Is the Microbiome?

- Huge player in human health
- 100 trillion bacteria - outnumber human cells 10:1
- Have a major impact on all human health, not just digestive tract



Like a fingerprint...precision medicine



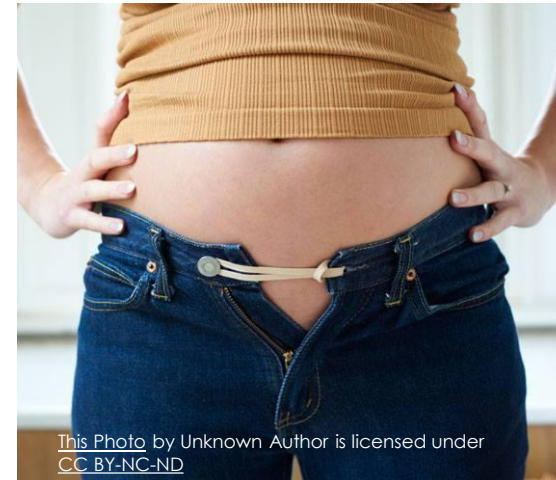
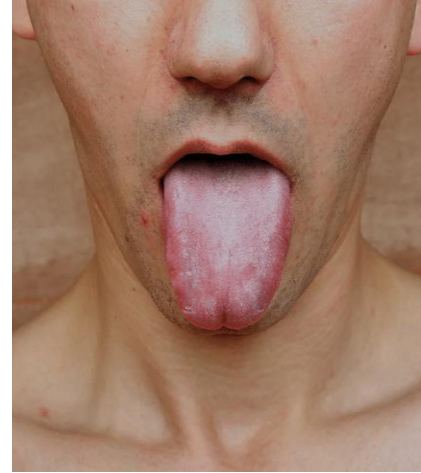
Unbalanced Microbiome Clues (Dysbiosis)

Digestive symptoms may be:

- Bloating
- Gas
- Abdominal pain
- Constipation
- Diarrhea

Non-digestive symptoms may be

- Whitish/Yellowish coat on tongue
- Fatigue
- Brain fog
- Skin issues (acne, eczema, psoriasis)
- Mood changes (anxiety and depression)



The Role of Fiber in Gut Health

Soluble

- **WILL FERMENT**
- **Slows digestion and nutrient absorption**
- **Dissolves in water**
- **Makes short chain fatty acids**

VS

Insoluble

- **Will NOT ferment**
- **Adds bulk to stool**
- **Remains intact and undigested**
- **Binds some environmental toxins**
- **Passes carcinogens**

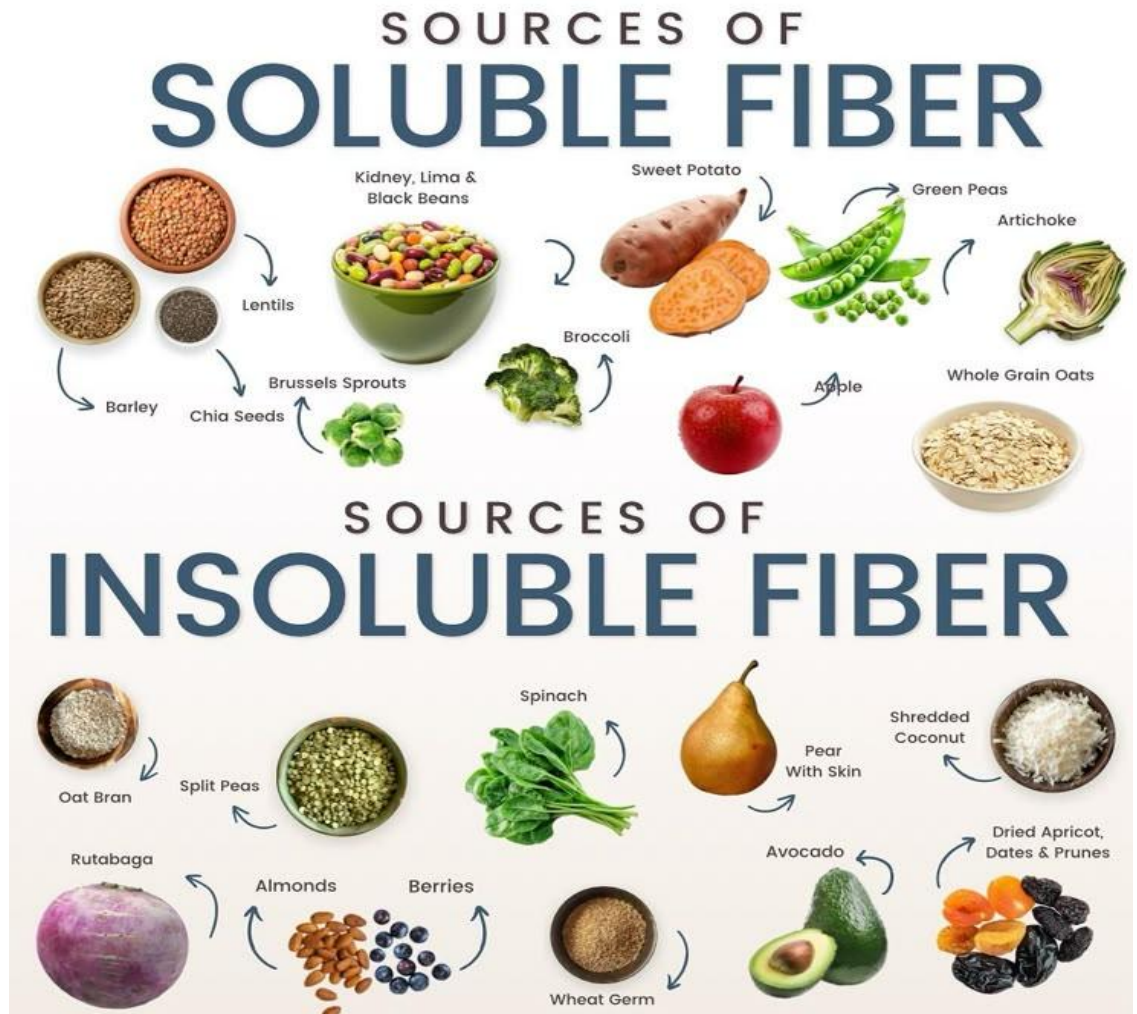


Role of Fiber in Gut Health

- Adds bulk to stool – relieves constipation
- Feeds “good” bacteria in gut
- Aids nutrient absorption
- Binds environmental toxins
- Passes carcinogens
- *Start slow!*



Bottomline – just eat wide variety of plants!



Probiotics and Prebiotics

Probiotics → live “good” bacteria in the gut,

- Aids immunity
- Reduces inflammation
- **Fermented Foods** (yogurt, kefir, kimchi, sauerkraut)- **eat often!**

Prebiotics → feed probiotics, helps them thrive.

- Insoluble fiber (indigestible) - garlic, onions, bananas, oats, etc.



For Microbiome and GI Support



Supplements

- Aloe vera juice
- Deglycyrrhizinated licorice (DGL)
- Slippery Elm
- Marshmallow root
- L-glutamine
- Alginate products
 - Reflux Gourmet, Reflux Raft

• Exercise

• Sleep

• Stress-relief

• Relationships

• Reduce toxins– coming up!



Look for resources—
past webinars page!



Other Considerations

Completely Plant-Based? Be Mindful

Vitamin B12

Iron

Zinc

Iodine

Essential amino acids

Essential fatty acids (chia seeds,
olive oil, flax seeds, walnuts, etc.)

Calcium

Vitamin D

Choline (only if soy products are
not included)



NOT regulated by FDA –
look for third party tested.
Consumerlab.com



Improving Bio-Availability of Nutrients

Cooking

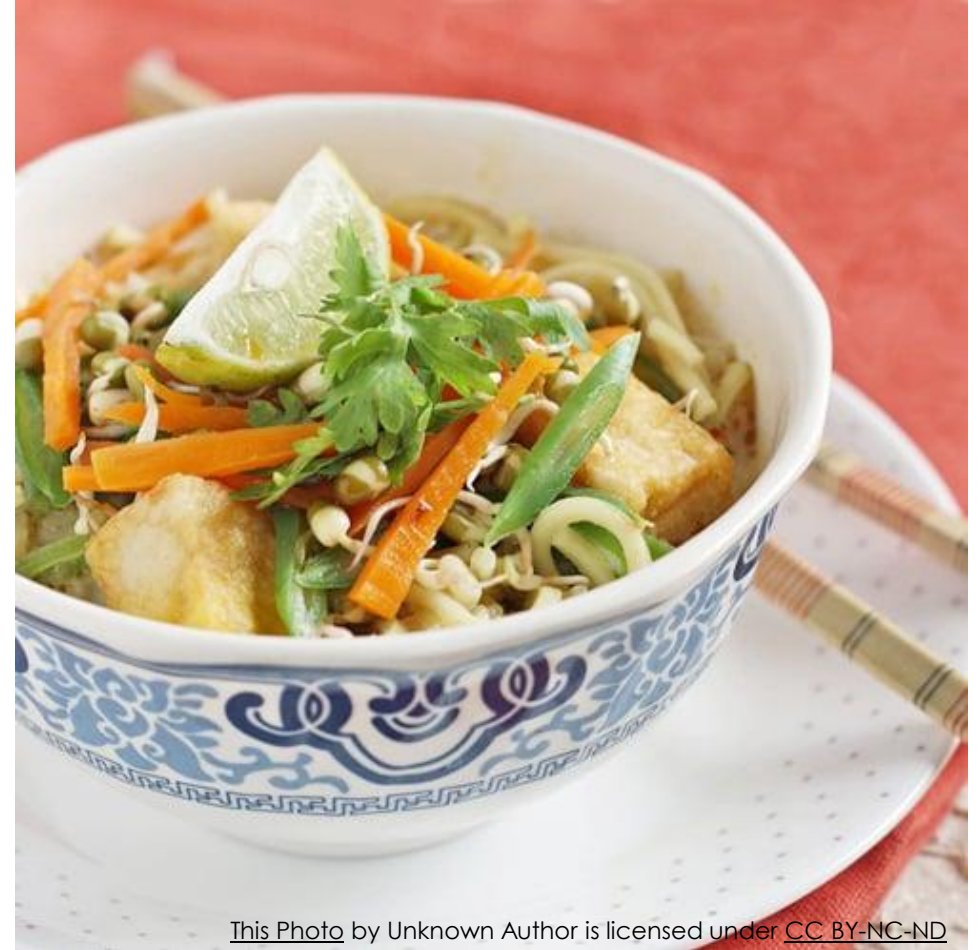
- Soaking
- Boiling and draining (for at least 12 minutes)
- Baking and peeling
- Blanching greens
- Storing potatoes in a cool and dark place
- Sprouting
- Fermentation and pickling



Improving Bio-Availability of Nutrients

Combining

- Plant-based iron sources and vitamin C sources
- Cooking plant-based zinc sources (e.g. pulses and grains) with garlic/onion or carotene-rich vegetables
- Eating vegetables with a source of fat (e.g. leafy greens and olive oil)



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Supporting Healthy Joints AND Bones!

Pay most attention to:

Calcium - 1,000–1,300 mg over 2–3 servings of high calcium food

Vitamin D - RDA varies from 15–50 mcg (600–2,000 IU) per day

Magnesium – RDA 320 mg (women) – 420 mg (men)

Protein – RDA 46 grams (women) –56 grams (men)

.36 grams of protein per pound of body weight

In collaboration with:



Champions of Yes



Look for resources on
past webinars page!



Beans, Beans, the Magical Fruit...

Reducing discomfort with beans:

- Soak before cooking
- Rinse and cook thoroughly
- Add small amount of baking soda ($\frac{1}{4}$ tsp per quart)
- Smart Small
- Add digestion-friendly spices (cumin, fennel, ginger)
- Other alternatives - tempeh, tofu, lentils



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Eliminating Toxins In Food

Reduce single use plastic, excess packaging, melamine sponges

Don't microwave plastic!

Store and cook-in non plastic – choose glass, cast iron or ceramic pans

Filter your drinking water – choose glass or steel bottles!

Rinse produce with baking soda and vinegar



Eliminating Toxins In Food - Resources

Seafood: seafoodwatch.org

EWG Dirty Dozen: www.ewg.org/foodnews/dirty-dozen.php

EWG Clean Fifteen: www.ewg.org/foodnews/clean-fifteen.php



Look for resources on past webinars page!



Meal Planning

Tips for Saving Time and Money!

- Buy in season
- Frozen over fresh
- **Look into Local CSA**
- Cook in bulk so that you have leftovers for multiple meals
- Embrace one pot (one pan) meals
- Buy pre-prepped ingredients
- Choose wisely if picking up fast food
- Invest in time saving gadgets (more later!)



Be Intentional! Schedule time to plan, shop and prep!



Sample Meals – Breakfast & Snacks

Berry Oatmeal

- Rolled oats, berries, soy milk, chia seeds

Berry French Toast

- Whole grain bread, flax, soy milk, berries

Egg White Frittata

- Egg whites, mushrooms, onions, red bell peppers, spinach, seasonings

Veggies and Hummus

- Homemade is best!

Air-popped popcorn

- Avoid microwavable

Edamame

- Look for unsalted in the frozen section

Energy Bites

- Dates, oats, cinnamon, peanut butter



Sample Meals– Lunch

Sweet Potato & Black Bean Quesadilla

- Sweet potato, *nutritional yeast*, black beans, seasonings, whole wheat tortillas (sub gluten-free), guacamole, salsa

Salad YOUR Way

- Leafy greens of choice (spinach, kale, spring greens – avoid iceberg)
- Veggies, Smart Carbs (quinoa, brown rice, potatoes)
- Protein (beans, salmon, grilled turkey/chicken, tempeh, tofu)
- Toppings (almonds, walnuts, hemp seeds)
- Dressing (homemade is best!)



Nutritional Yeast- Staple
High in B-Vitamins



Sample Meals– Dinner

Easy Veggie Stir Fry

- Tempeh, veggies, seasoning, brown rice or quinoa

Whole Wheat Penne with Salmon

- Salmon, whole wheat penne, olive oil, kale, grape tomatoes, butter

Chickpea and Black Bean Burgers

- Beans, oats, garlic, onion, breadcrumbs (whole wheat or gluten free), seasoning



[Arthritis.org/Recipes](https://www.Arthritis.org/Recipes)



Resources

The Plant Power Meal Planner: www.meals.richroll.com/

Plant-based on a budget: plantbasedonabudget.com

Arthritis.org/recipes

National Ayurvedic Medical Association: ayurvedanama.org

Meal Planning Apps: Mealime, Whisk



Look for resources on past webinars page!



Eat food.
Not too much.
Mostly plants.

Michael Pollan,
In Defense of Food



Kitchen Hacks with Cheryl Crow, MOT,OTR/L

Meal Prep: Opening Aids for Sore Hands

Jar Grippers
Multi Purpose



Kitchen Mama Epic
Multi Opening Aid



Jar and Tab
Opener Aids



WORKPRO Mini Needle
Nose Pliers W/Comfort Grip

Self-Opening Shrapnel Design
Keep the Pin Open Automatically, Save Labor and Reduce Fatigue



Multifunctional Opener



Twist Off Opener
for Bottle Caps



Meal Prep: Cutting & Peeling Tools

Kitchy Ergonomic Pizza Cutter

easier on wrists



Fiskars Easy Action Scissors



• Right Angle Knife

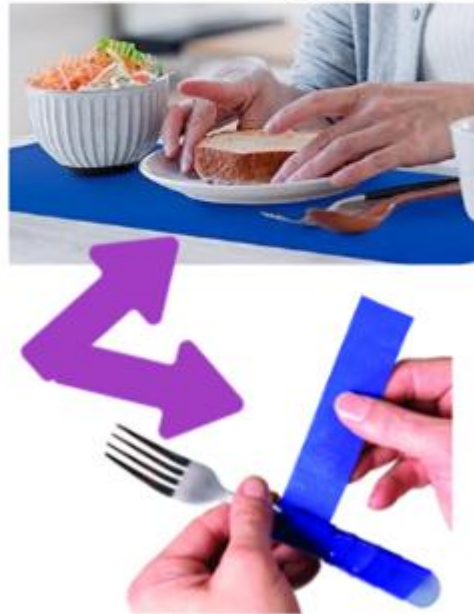


Meal Prep: More Assistive Tools

Foam "Built up" handle
for grasping



Dycem Non Slip
silicone Grip Material
multiple uses, provides
stability



Wide Handle
potato peeler -
easy to grasp for
sore fingers



Meal Prep Life Hacks for Sore Joints

Storage

- Lightweight

Easy open/close (Cheryl demo)

- Use chip clip on bags instead of Ziplock

Squeezing

- Use a chip clip or hair tie

Distribute force:

- Use 2 hands when possible
- Use “whole arm movements”
- Put heavy items into lighter containers



Meal Prep Workarounds for Pain & Fatigue

- Use stool in kitchen for fatigue
- Purchase Pre-cut items —>
- Grocery home delivery
- Use scissors rather than opening with hands
- Delegate





ArthritisLife

Life hacks | Interviews | Fun | Education

- ✓ Tips and tricks to make daily tasks easier
- ✓ My favorite assistive devices and tools
- ✓ Podcast and Educational Support Programs
("Rheum to THRIVE" support group)



Follow me!
Arthritis.theenthusiasticlife.com



Questions?

1.800.283.7800 / helpline@arthritis.org

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



Upcoming Webinars



October 23: Coping with the Emotional Toll of JA

November 20: Aging Gracefully with Arthritis



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



Upcoming Virtual Connect Group Events

Newly
Diagnosed

**Thursday, Oct 9
7:30pmET**

“Arthritis Basics”

Raising a
Child with JA

**Tuesday, Oct 21
8pm ET**

“Anti-Inflammatory
Diet for Families”

Movement
Matters

**Sunday, Oct 19
12pm ET**

“Strength and
Balance Fusion”

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



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)

