

Arthritis & Nutrition

Although there is no diet cure for arthritis, certain foods have been shown to fight inflammation, strengthen bones and boost the immune system. Adding these foods to your balanced diet may ease the symptoms of your arthritis.

1. Fish– Because certain types of fish are packed with inflammation-fighting omega-3 fatty acids, experts recommend at least 3 to 4 ounces of fish, twice a week.

2. Olive Oil– This oil is loaded with heart healthy fats, and as well as oleocanthal, which has properties similar to non-steroidal, anti-inflammatory drugs.



3. Beans– This inexpensive food can help lower inflammation markers in the body due to its high fiber content.

4. Cherries– Studies show they may reduce gout attacks due to its anti-inflammatory properties.



5. Low Fat Dairy– Don't skimp out on dairy. It's high in Vitamin D and Calcium to increase bone strength.

Quick and Easy Black Bean Recipe

Packed with fiber, protein, calcium, potassium, and antioxidants, black beans are one of nature's healthiest ingredients. Healthy tip: Many brands of canned beans contain sodium. To cut back on salt, look for low-sodium varieties, rinse well and season your food yourself.

Black Bean and Corn Tacos

Serves 2.

Combine 1 can of rinsed black beans and 1/2 cup chunky corn salsa in a small saucepan. Bring to a simmer, and then serve in warmed tortillas, over baby spinach, topped with chopped avocado and a pinch of shredded cheese.

