

# KICK ARTHRITIS PAIN IN THE KITCHEN

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# BODY WEIGHT AND ARTHRITIS

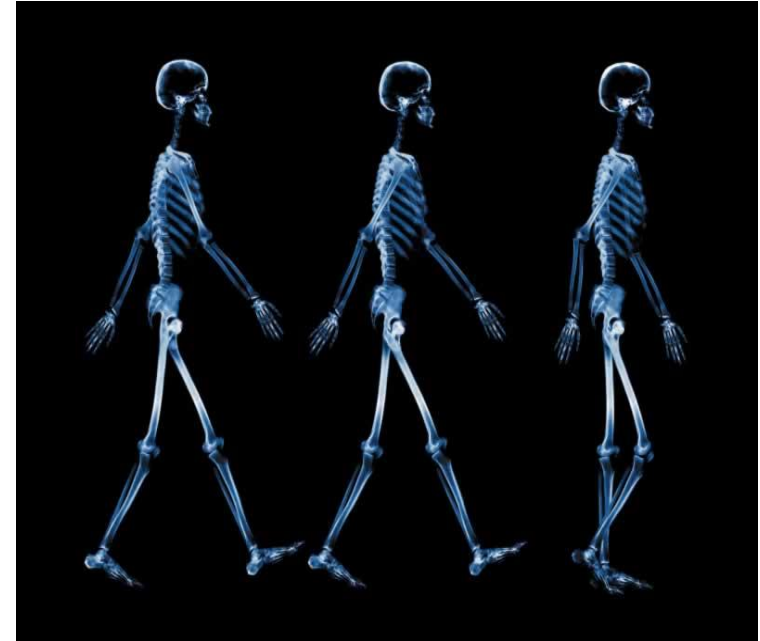
- Excess body weight increases the load on joints and can make movement more difficult
- Avoiding being active because of pain or discomfort can lead to muscle loss and weight gain overtime
- Weight loss is a result of balance between physical activity and diet





# WEIGHT LOSS BENEFITS ON JOINTS

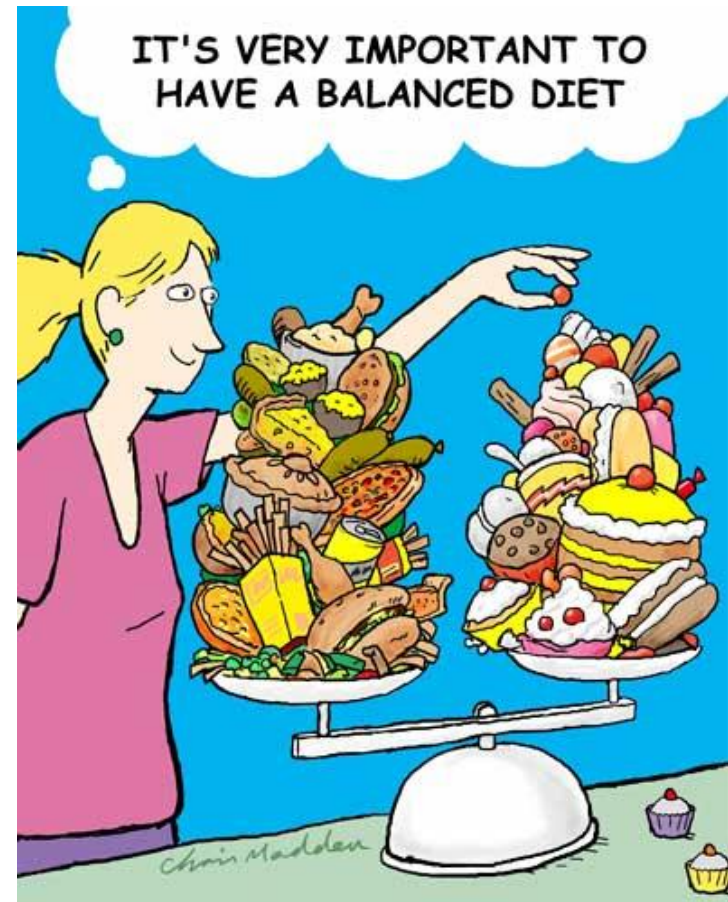
- Reduces pressure on your joints:
  - Losing just 10 pounds would relieve 40 pounds of pressure from your knees.
- Eases pain and inflammation.
  - Fat itself is an active tissue that creates and releases pro-inflammatory chemicals.
- Exercise, which aids in weight loss, can help manage and lessen the pain and symptoms of arthritis.





# TYPICAL WESTERN DIET

- >50% of calories come from refined sugars, bleached flour, and vegetable oils
- These foods:
  - Contain few nutrients
  - Pro-inflammatory
  - Increase risk of obesity and insulin resistance





# DIET AND ARTHRITIS

- Eating a healthy balanced diet is important for people with arthritis, as well as the general population, as it will provide the right balance of nutrients our body needs for day-to-day functions





# WHAT TO EAT?

“Eat food. Not too much. Mostly plants.”

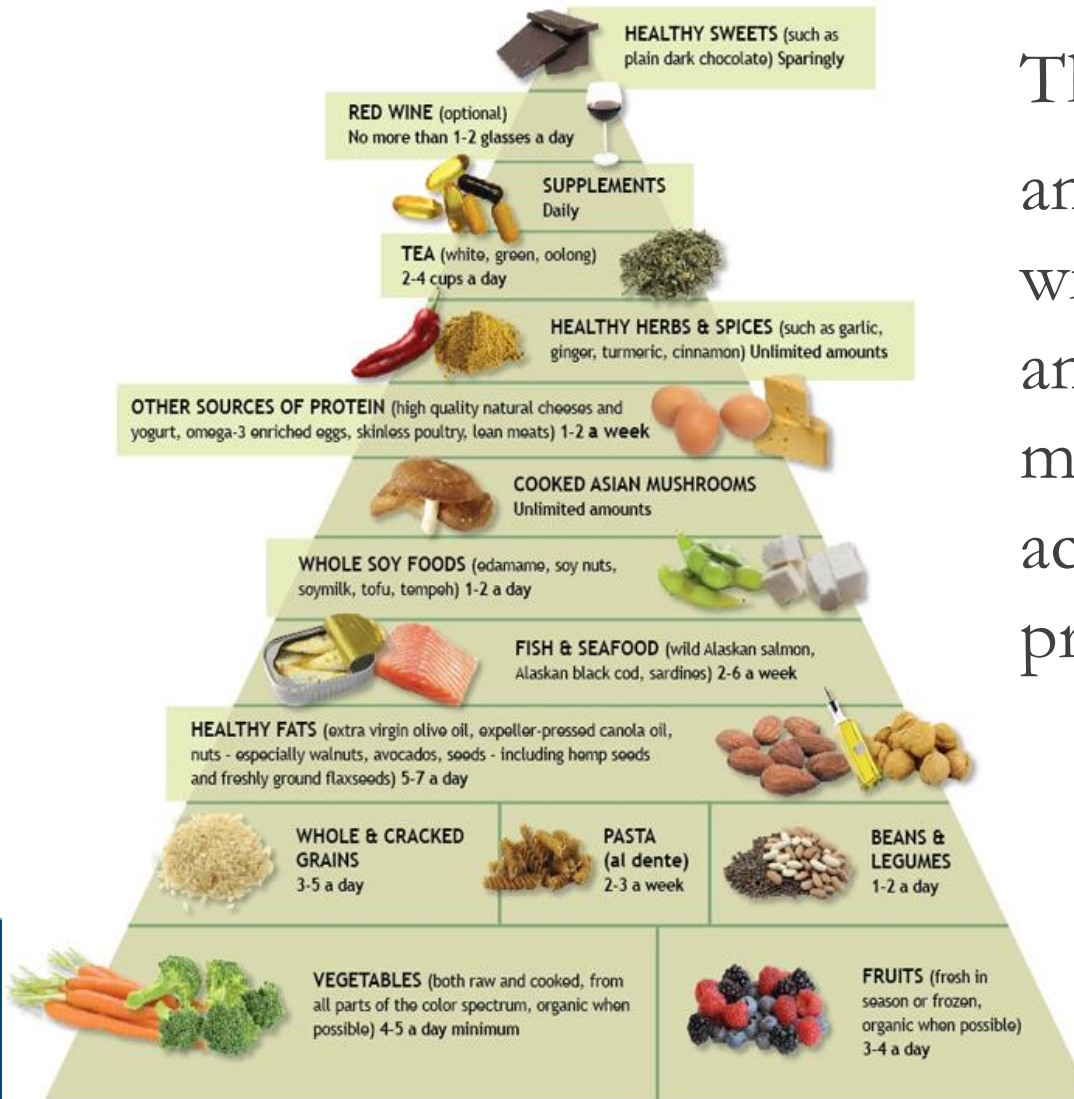
-Michael Pollan



Whole Foods • Plant-Based Diet



# ANTI-INFLAMMATORY DIET



This natural anti-inflammatory diet will provide steady energy and ample vitamins, minerals, essential fatty acids dietary fiber, and protective phytonutrients.

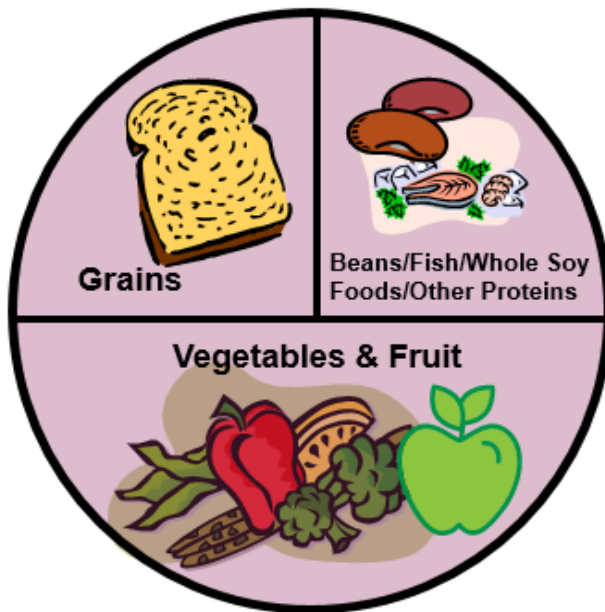
# THE BASICS OF AN ANTI-INFLAMMATORY MEAL



**Tea: 2-4  
cups/day**



**Herbs/Spices:  
Unlimited**



**Cooked Asian  
Mushrooms:  
Unlimited**



**Healthy Fats:  
5-7/day**

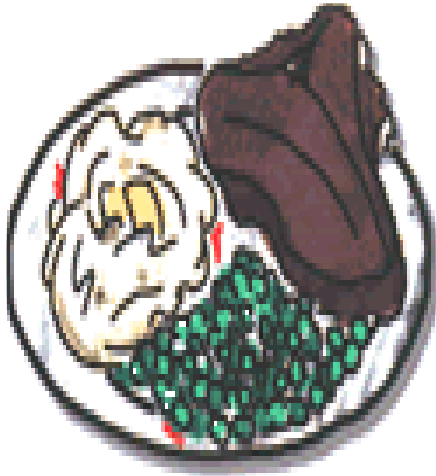
- Half a plateful of vegetables
- Fruit at each meal
- Choose whole grains
- Choose mainly plant foods
  - Limiting meat in general
- Limit processed foods and red meats
- Limit fats and sugars
- Limit/avoid alcohol





# MAKE THE TRANSITION

Traditional  
American Plate



Transition Plate



Plant Based Plate



Aim for meals made up of  $\frac{2}{3}$  (or more) vegetables, fruits whole grains or beans and  $\frac{1}{3}$  (or less) animal protein.



## TIPS FOR PLANT-BASED EATING

- Go veggie at breakfast
- Meatless Monday
- Shop for plants first
- Use meat as seasoning
- Create a plant-based pantry list
- Try one vegetarian recipe per week
- Keep it simple
- Try ethnic flair
- Convert your favorite dishes
- Dust off your slow-cooker
- Try plant-based dairy
- Think “yes”



# THE THREE MACRONUTRIENTS ARE

- Carbohydrates- Energy/Protection
- Protein- Construction
- Fat- Energy

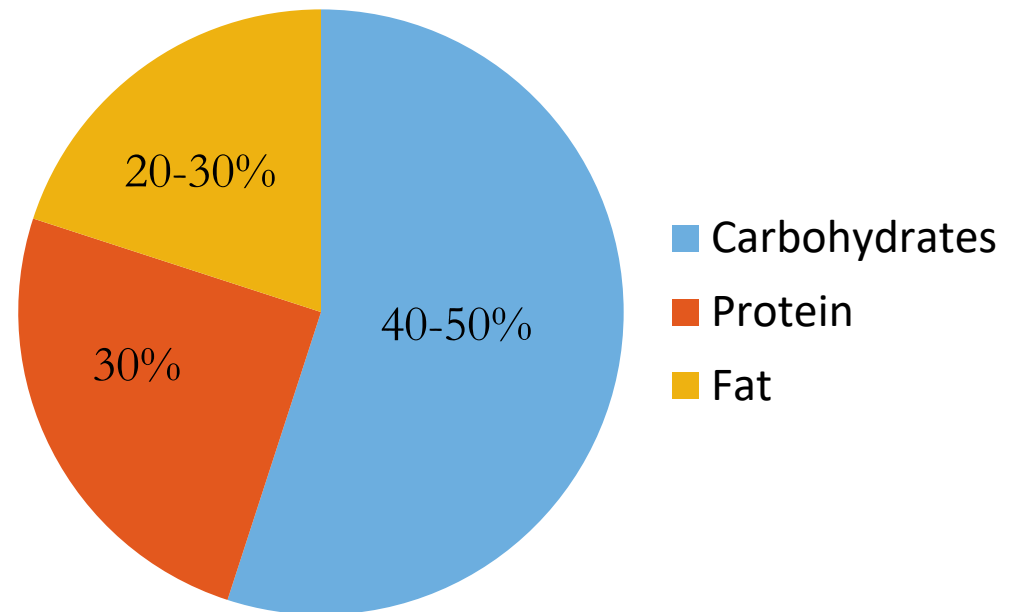




# MACRONUTRIENT BALANCE

- These ranges represent the percentage of your total calorie intake that should come from each specific nutrient.
- Women eating 2000 calories per day would need approximately:
  - 160 to 200 grams of carbohydrates
  - 67 grams of fat
  - 80 to 120 grams of protein

**Macronutrient Balance**





## APPS FOR TRACKING FOODS AND ACTIVITY

- MyFitnessPal
- Fooducate
- LoseIT
- GoMeals (great for Diabetes)
- SparkPeople
- FatSecret
- Baritastic (specific for bariatric surgery)



# CARBOHYDRATES



- Carbs aren't the enemy
- The body's major source of energy
- When consumed in excess, they are stored as body fat
- The best sources are:
  - Fruits, vegetables, and whole grains





# CARBOHYDRATES

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- **Complex carbohydrates are harder for the body to breakdown, causing a longer lasting feeling of fullness. Choose more:**
  - High fiber, whole grains (ex. whole wheat bread/pasta or brown rice)
  - Fruits in their whole form (fresh, frozen or canned in water)
  - Beans, winter squash, and sweet potatoes
- Simple carbohydrates are easily digested, causing food to quickly empty from the stomach, as a result, the feeling of hunger returns very quickly. Limit/Avoid:
  - Refined grain products (ex. white bread/pasta/rice, sugary cereals)
  - Sweets- Avoid products made with high fructose corn syrup
  - Sugary drinks, including juices

# IDENTIFYING WHOLE GRAINS



- Whole grains, or foods made from them, contain all the essential parts and naturally occurring nutrients of the entire grain seed.
- Look for the word “whole” when purchasing grain products





# FIBER

- Fiber is the part of plant foods which the body cannot digest.
- A fiber-rich diet may help reduce inflammation by lowering body weight.
- High-fiber foods also feed beneficial bacteria living in the gut, which then release substances that promote lower levels of inflammation body-wide.





# SOURCES OF FIBER

- Fruit & Vegetables
- Dried beans & peas
- Whole-grains:
  - Whole wheat breads, cereals, pasta and crackers
  - Oat, oat bran, & rice bran cereals
  - Oat bran, rye, & pumpernickel breads and crackers
  - Brown rice





## FIBER GOALS

- 25-35 grams of fiber is recommended every day
- The average American only gets 8-12 grams each day
- Take your mom's advice:

EAT YOUR  
VEGETABLES



# TO INCREASE FIBER INTAKE:

- 2-4 fruits daily
- Half plateful or 3-5 vegetables day (1/2 cup is a serving)
- Choose whole grain cereals, crackers, pasta & brown rice

**Total Daily Fiber =  
25 to 35 grams**

- 2 to 4 fruit serving per day (avg. 3)  
x 2-3 grams fiber per serving  
**= 6-9 total grams**
- 3 to 5 vegetable grams per serving  
**= 8-12 servings per day (avg. 4)**  
x 2-3 total grams from vegetables  
**= 8 to 12 grams**
- 6 whole grains and/or Legumes per day  
x 2-3 grams per serving  
**= 12-18 grams**





# AVOID ADDED SUGARS

- Soda, juice or other beverages with sugar
- Limit/avoid baked goods, candy and sugary foods



# + PROTEIN

- The building block of every cell in the body – including skin, bones, muscles, organ tissue, blood, and hormones.
- Essential for blood clotting, healing, and transporting oxygen throughout the body
- Aids in the transport of vitamins and minerals
- Prevents malnutrition



## PROTEIN SOURCES

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- Lean meats – especially fish and skinless chicken or turkey breast
- Eggs, egg whites, egg substitutes
- Low-fat or fat-free dairy – cheese, skim or 1% milk, light yogurt (Greek is best), cottage cheese
- Tofu and other whole soy foods like edamame
- Beans, lentils, peas



# FAT

## ALL FAT IS HIGH IN CALORIES!

Good	Bad	Ugly
Monounsaturated and Polyunsaturated Fats <ul style="list-style-type: none"><li>• Oils: Canola, Olive, Peanut, Safflower and Sesame</li><li>• Avocados</li><li>• Nuts and Seeds: flaxseed, sunflower seeds and walnuts</li><li>• Fatty Fish: Tuna, Trout, Mackerel, Salmon, Sardines</li></ul>	Saturated Fats <ul style="list-style-type: none"><li>• Fat on Beef, Pork and Chicken</li><li>• Butter</li><li>• Whole Milk Cheese</li><li>• Tropical Oils: Coconut, Palm and Palm Kernel</li></ul>	Hydrogenated Oils and Trans Fats <ul style="list-style-type: none"><li>• Partially Hydrogenated Oils</li><li>• Some Baked Goods</li><li>• Fried Foods</li><li>• Stick Margarine</li></ul>
<b>Include Good Fat • Limit Saturated Fat • Avoid Trans Fat</b>		



# OMEGA-3 FATS

- Food is recommended over supplements to reap omega-3 benefits.
- The best source: fish like salmon, tuna, sardines, mackerel and herring. The USDA recommends 2, 3oz servings per week (not fried.)
- Vegetarian sources: Brussels sprouts, kale, spinach, and salad greens flaxseeds, chia seeds and walnuts.
- Fish oil or flax seed supplements are also an option. Always check with your doctor before adding supplements to your routine.





# WATER

- Water and liquids or fluids are vital to health.
- All body cells need water to function.
- Aim for 48-64oz of fluid per day.
- Try to drink mostly pure water, or drinks that are mostly water.







# TOP 11 ANTI-INFLAMMATORY FOODS

- Fatty fish
- Oils
- Cherries
- Dairy
- Broccoli
- Green Tea
- Citrus
- Whole Grains
- Beans
- Garlic
- Nuts

Although there is no magic potion at the supermarket, studies have shown that these foods have anti-inflammatory properties and specific benefits for arthritis.



# ANTI-INFLAMMATORY SPICES

- Turmeric
- Curry Powder
- Ginger
- Garlic (dried or fresh)
- Chili Peppers
- Basil
- Cinnamon
- Rosemary
- Thyme





## IN CONCLUSION

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- There is no one food that can “treat” arthritis
- Losing weight and eating a balanced diet should be part of an arthritis treatment plan
- Eating a plant based diet has been linked to lower inflammation in the body
- Making gradual changes over time can help you lose weight and lower the risk of inflammation, therefore helping lessen arthritis symptoms

# + QUESTIONS?





# RESOURCES

- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/losing-weight/weight-joint-pain.php>
- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/rheumatoid-arthritis-diet.php>
- <https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>
- <http://www.aicr.org/new-american-plate/eat-healthy-customize-your-diet-new-american-plate.html>
- [www.eatright.org](http://www.eatright.org)
- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/fiber-inflammation.php>
- <http://blog.arthritis.org/living-with-arthritis/omega-3-fatty-acids-arthritis/>
- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/anti-inflammatory-diet-2.php>
- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/anti-inflammatory-diet-2.php>
- <https://drmattmumber.com/>