

## general nutrition recommendations

### Rheumatoid Arthritis

A balanced diet is important for everyone, but with RA certain food choices may worsen symptoms. There is no one diet that is best for those with RA, but below you will find general suggestions for managing your condition.

Nutrition Recommendations	
<p><b>3 Meals a Day</b></p> <p>Aim to nourish your body daily. A minimum of three meals every day is recommended to keep energy levels high.</p>	<p><b>Eat Snacks!</b></p> <p>Snacking between meals may help bridge the hunger gap if meals are eaten more than four hours apart.</p>
<p><b>Eat Small Meals</b></p> <p>If experiencing stomach ache or discomfort, it may be easier to eat several smaller meals throughout the day.</p>	<p><b>Colorful Foods</b></p> <p>Eat a variety of different colors and types of fruits and vegetables every day.</p>
<p><b>Whole Grains</b></p> <p>Include a variety of whole grain products every day: brown rice, oats, whole grain bread, whole grain pasta, quinoa, barley, and rye.</p>	<p><b>Lean Proteins</b></p> <p>Include a lean protein at every meal: chicken, fish, low-fat dairy products, beans, nuts, or seeds.</p>
<p><b>Get Your Omega-3's</b></p> <p>Include a variety of food sources high in omega-3 fatty acids and monounsaturated fats: almonds, walnuts, olives, olive oil, canola oil, salmon, albacore tuna, chia seeds, flax seeds, and avocado.</p>	<p><b>Healthy Probiotics</b></p> <p>Aim to add food sources of probiotics in the diet for a wide range of useful bacteria. Examples include kombucha, sauerkraut, kimchi, kvass, kefir, coconut kefir, yogurt, and natto.</p>
<p><b>Limit Unhealthy Fats</b></p> <p>Limit food sources high in saturated and trans fats: pastries, doughnuts, cakes, cookies, red meat, and full-fat dairy products such as ice cream.</p>	<p><b>Stay Hydrated</b></p> <p>Hydrate your body with water. Limit intake of soft drinks, sweetened teas, caffeinated beverages, energy drinks, and juice.</p>

### COMMON PROBLEMATIC FOODS

#### Common food allergens and sensitivities

Eggs, milk, peanuts, soy/legumes, and wheat

#### Nightshades

A class of vegetables, including tomatoes, peppers, egg-plant, and potatoes

#### FODMAPs

Naturally occurring sugars that are hard for your body to break down

#### Gluten

Primarily found in foods made with wheat, rye, and barley

#### Refined sugars

Cane juice, corn syrup, high-fructose corn syrup, raw sugar, crystal solids, brown rice syrup, maple syrup, honey, and brown sugar

#### Sugar alcohols and artificial sweeteners

Sorbitol, mannitol, xylitol, malitol. These are often found in products labeled “sugar free”, “no sugar added”, or “diet”

#### Processed, canned or smoked meats

#### Food additives

(found on ingredient lists of packaged products) Carrageenan and maltodextrin

\*Problematic foods differ per person but may increase pain and swelling or cause joint discomfort when eaten on a regular basis.