

key nutrients

Rheumatoid Arthritis

Having rheumatoid arthritis may put you at risk for becoming low in certain nutrients. There are many factors that may cause this. These factors include disability, feeding problems, medication interactions, higher nutrient needs or lower nutrient absorption. For example, those taking methotrexate are at a higher risk for folic acid deficiency, while those taking steroids may have increased calcium needs.

Folic Acid	
Best Sources Include:	
Asparagus	Legumes
Avocado	Rice
Broccoli	Spinach
Fortified Breakfast Cereals	Enriched Grain Products (bread, pasta)

Vitamin C	
Best Sources Include:	
Broccoli	Kiwi
Brussels sprouts	Red and Green Peppers
Cantaloupe	Strawberries
Citrus Fruits	Tomatoes

Calcium	
Best Sources Include:	
Broccoli	
Calcium-Fortified Milk Alternatives	
Cheese	
Kale	
Milk	
Salmon	
Tofu	
Yogurt	

Vitamin B6	
Best Sources Include:	
Fish	Fruit
Potatoes	Poultry
Starchy Vegetables	

Vitamin B12	
Best Sources Include:	
Beef Liver	Fish
Clams	Meat
Dairy Products	Milk
Eggs	Poultry

Vitamin E	
Best Sources Include:	
Greens	Safflower Oil
Sunflower Oil	Wheat Germ
Nuts and Seeds	

Selenium		
Best Sources Include:		
Breads	Meat	Dairy
Poultry	Eggs	Seafood
Grain Products		

Vitamin D	
Best Sources Include:	
Fatty Fish (salmon, tuna, mackerel)	
Egg Yolks	
Mushrooms	
Fortified Milk and Dairy Products	
Fortified Orange Juice	

Magnesium	
Best Sources Include:	
Fortified Breakfast Cereals	
Green Leafy Vegetables	
Legumes	
Milk	
Nuts	
Seeds	
Whole Grains	
Yogurt	

Zinc	
Best Sources Include:	
Beans	Poultry
Fortified Breakfast Cereal	Red Meat
Nuts	Seafood
Oysters	Whole Grains

the difference between fortified and enriched foods

Fortified Foods

Fortified foods have specific nutrients added during the food manufacturing process. In general, these nutrients aren't naturally found in the food product.

Examples of common food fortification:

- Adding iodine to salt (iodized salt)
- Adding vitamin D to dairy products
- Adding folic acid to breakfast cereals

Enriched Foods

Enriched foods have nutrients added back into them after they have been stripped in the food manufacturing process. The FDA regulates when a food product can be labeled as 'enriched'. An example of a food that is often enriched is white flour. During the manufacturing process of wheat, several B-vitamins, iron, and fiber are lost. After wheat is refined to white flour, some of the lost nutrients are added back into the flour in specific amounts.