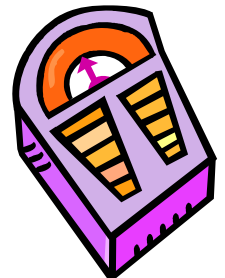




## Nutrition for Arthritis Control

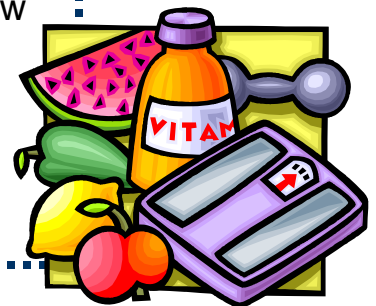
- The Arthritis Foundation recommends weight loss if you are overweight.
- Weight loss takes pressure off joints and eases pain.
- A healthy goal is losing 1-2 pounds per week.



- Omega-3 fatty acids may reduce pain. Food sources include fatty fish like salmon, tuna, sardines and mackerel.
- Supplements like fish oil capsules may upset the stomach and interact with blood thinners like coumadin.

Vegetarian diets may help. Some studies show high intakes of meat increase inflammation. See a dietitian if you plan to follow a vegan diet to be sure you get the nutrients you need.

High doses of single vitamins and herbs have not yet been proven to help. Eat vegetables, fruits, nuts, beans, peas and whole grains instead.



- Supplements are costly and may be risky.
- Talk to your doctor or dietitian before starting any supplements.



Supplement	Cost per pill	Cost per bottle	Efficacy	Safety
Omega-3	\$ 0.04	\$ 5.75	Probably effective	May interact with some medicines
Evening Primrose Oil	\$ 0.20	\$ 17.99	Possibly effective	May interact with some medicines
Glucosamine and Chondroitin	\$ 0.13	\$ 22.02	Possibly effective	Those with shellfish allergies should NOT take

All prices courtesy of drugstore.com

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**Reviewed by Connie Crawley MS, RD, LD 2013**