



Arthritis Talks: Eat Smart for Arthritis

Lalitha Taylor, Registered Dietitian

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Presenters



Dr. Siân Bevan
Chief Science Officer
Arthritis Society
(Moderator)



Lalitha Taylor
Registered Dietitian
Edmonton, Alberta

Webinar Tips

- ▼ Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- ▼ Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- ▼ If you have further issues email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Overview

[1]

Nutrition and arthritis



[2]

Arthritis diets



[3]

What you can do



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Q

Why is having a balanced diet so important for people living with arthritis?





Why is having a balanced diet so important for people living with arthritis?

Our nutrition impacts both our physical and mental health

Research has shown that certain foods can lower inflammation

Balanced nutrition alongside other behaviour changes can help us manage our weight

Remember: you don't have to change your entire diet all at once!

Q

Are there specific diets that people living with arthritis should follow? Or specific foods to avoid?



Many foods can help manage inflammation and improve joint symptoms

- ▼ There is no miracle diet for arthritis, however...
- ▼ A diet rich in vegetables and fruits, fish, beans, nuts and seeds, whole grains and low in processed foods and saturated fat has been shown to manage disease activity



Mediterranean style of eating may be beneficial in:



Lowering blood pressure

Preventing chronic diseases ranging from cancer to diabetes

Curbing inflammation

Helping with weight management which leads to less joint pain

Improving symptoms of depression

Start with a balanced-plate approach



Q

Are there specific foods I should eat for my arthritis?

- ▼ Many different types of arthritis
 - ▼ Osteoarthritis, rheumatoid arthritis, fibromyalgia, gout, lupus, childhood arthritis and more
- ▼ Diet is unique to each and every individual
- ▼ Allergies, sensitivities, preferences, restrictions, medications may cause diet to differ



Focus on plant-based proteins

- ▼ Diets rich in beans, lentils, nuts, seeds are associated with lower inflammatory markers and fasting insulin
- ▼ These proteins are rich sources of:
 - ▼ Fibre
 - ▼ Iron
 - ▼ Folate
 - ▼ Magnesium
 - ▼ Potassium



Focus on plant-based proteins

- ▼ Start with one meatless supper meal per week
- ▼ Aim for a variety of nuts and seeds
 - ▼ Almonds, walnuts, pumpkin seeds, pistachios, peanuts, hazelnuts and brazil nuts
 - ▼ Raw nuts are less processed vs. roasted
- ▼ Aim for 30 grams per day or 23 almonds



Incorporate more fibre through whole grains

- ▼ High fibre and low glycemic grains appear to have a beneficial effect on inflammatory markers
- ▼ Help play a role in satiety and weight management
- ▼ Choose grains and starches with ≥ 3 g of fibre per serving
- ▼ Women need 25 grams of fibre per day
- ▼ Men need 38 grams of fibre per day



Choose to include more sources of omega-3 fatty acids

- ▼ A diet rich in omega-3 fatty acids may help with **rheumatoid arthritis**
- ▼ Omega-3 fatty acids are found in fatty fish such as salmon, rainbow trout, herring, sardines and mackerel
 - ▼ Aim for 2 servings per week
- ▼ Other sources include chia, walnuts and ground flax seeds, canola and flax seed oil



Aim to meet your calcium requirements

- ▼ Important to meet calcium needs as people with arthritis are at a higher risk for osteoporosis
- ▼ Requirements for adults:
 - ▼ Ages 19-50: 1,000 mg
 - ▼ Ages 50+: 1,200 mg



Include more herbs and spices in your cooking

- ▼ Turmeric, basil, rosemary, cayenne pepper, cinnamon and ginger contain inflammation-reducing polyphenols
 - ▼ Use fresh or dried herbs or spices (stored in air-tight containers) at every meal and **reduce salt as a seasoning**



Q

Should I take supplements for my arthritis?

Be wary when a supplement:

- ▼ Promises a quick fix
- ▼ Has claims that sound too good to be true
- ▼ Is based off recommendations from a single study or anecdotal evidence
- ▼ Not regulated or refuted by reputable organizations
 - ▼ Always ensure a Natural Product Number (NPN)
- ▼ Talk to your doctor, pharmacist and registered dietitian



Q

Should I avoid nightshade vegetables?

- ▼ These include:
 - ▼ Eggplant
 - ▼ Tomatoes
 - ▼ Red bell peppers
 - ▼ Potatoes
- ▼ Rich in nutrients such as vitamin C, fibre, lycopene
- ▼ Contain a chemical solanine—no scientific evidence to prove this causes inflammation or arthritis pain



Q

Should I avoid eating gluten?

- ▼ A complex of proteins found in whole grains such as wheat, barley and rye
- ▼ Gluten acts like the glue that holds whole grains together
- ▼ Avoiding gluten is only necessary if you have a confirmed sensitivity or allergy to gluten





Should I avoid drinking alcohol if I have arthritis?

- ▼ Does not mix well with your medications
- ▼ Can increase your risk of gout attacks
- ▼ Increases your consumption of non-nutritive calories
- ▼ If you want to drink, talk to your doctor
 - ▼ Serving = 12 oz of beer, 5 oz of wine, 1 ½ oz of hard liquor



Q

Do I need to reduce my sugar intake?

- ▼ Consuming more dietary sugar, especially from sugar drinks, increases chronic inflammation
- ▼ Heart and Stroke Foundation & Diabetes Canada recommend you consume no more than 10% total calories per day from added sugars
 - ▼ For a 2,000 Kcal diet, 10% is ~ 12 teaspoons of added sugars



Q

How does a person's weight affect their arthritis?



Weight and arthritis

- ▶ Additional weight does add extra pressure on your weight bearing joints
- ▶ Research has shown that fat tissue creates and releases pro-inflammatory chemicals
- ▶ Less fat may improve disease activity and increase chances of remission
- ▶ Improved body composition may result in less gout attacks
- ▶ Studies have shown losing weight slows cartilage degeneration in osteoarthritis



Health management NOT weight loss

- ▼ How do we lose weight?
 - ▼ Losing weight is not a behaviour
- ▼ If the focus is solely weight loss, we forget about the other factors of health and well being
- ▼ Losing weight is NOT easy!



Health management NOT weight loss

- ▼ Research shows that a weight loss of even 5% of body weight can help reduce inflammation.



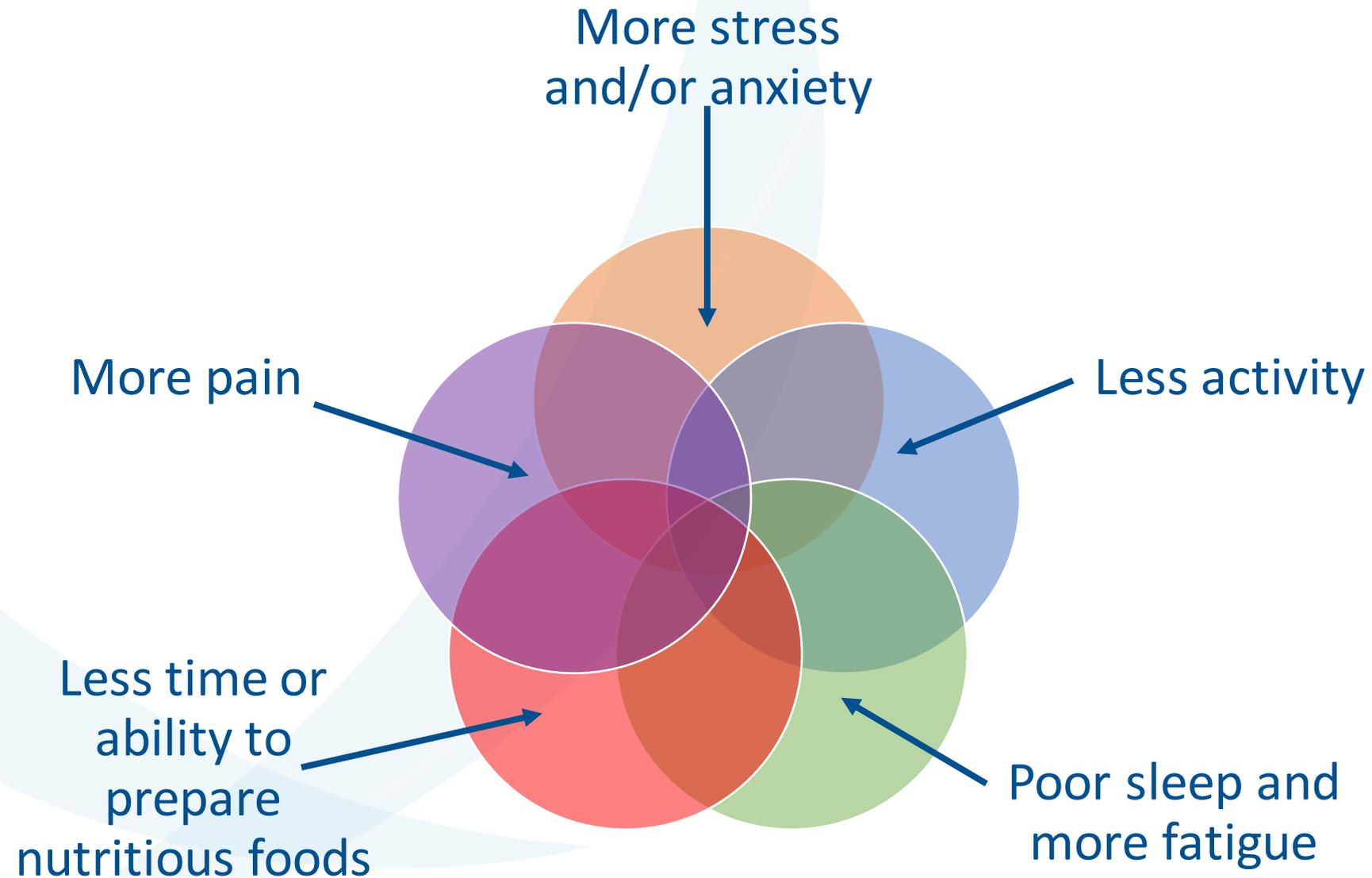


What influences weight?

- ▼ There are many factors that influence our weight:
 - ▼ Personal genetics
 - ▼ Body composition
 - ▼ Family history
 - ▼ Age and gender
 - ▼ Medical concerns and conditions
 - ▼ Medications
 - ▼ Shift work



Weight gain is often a symptom of your health and life out of balance



Steps towards health management

- ▼ Increase physical activity. Aim for 10 -60 minutes per day.
 - ▼ Talk with your physician, physiotherapist, occupational therapist to find out what exercises work for you
- ▼ Manage stress and emotions in healthy ways
 - ▼ Talk with a therapist, take more breaks, deep breathe and increase activity
 - ▼ Ensure work and home life balance
 - ▼ Reflect to make sure you feel like you have a purpose



Steps towards health management

- ▼ Eat healthfully and mindfully
 - ▼ Does this food satisfy and make me feel good?
 - ▼ Focus on whole foods vs processed or convenience foods
- ▼ Follow the balanced plate approach
 - ▼ Watch portions of grains and starches
 - ▼ Increase vegetables at meal times
 - ▼ Aim for more fatty fish, beans and poultry
 - ▼ Increase healthy fats such as fatty fish, olive oil and nuts and seeds
- ▼ Eat regularly to prevent hunger going into meals
 - ▼ Most people need to eat at least 4 times per day



Steps towards health management

- ▼ Get sufficient sleep
 - ▼ National sleep foundation recommends 7-9 hours
 - ▼ Helps manage pain, stress
 - ▼ Influences food choices and activity
- ▼ Manage your health and pain
 - ▼ See your doctor and specialist for regular check-ups
 - ▼ Take medications as indicated





Are there small things that people can do that will make a big difference in their overall health and arthritis management?



Take inventory of your current health

- ▼ What is the biggest health priority?
- ▼ Can you dedicate 10-30 minutes per day towards a behaviour change?



What nutrition behavior change can you make today?

- ▼ Try using the balanced plate approach
- ▼ Adopt a Mediterranean style of eating
- ▼ Choose less sugary drinks
- ▼ Increase fibre intake
- ▼ Incorporate more plant-based proteins
- ▼ Eat 2 servings of fatty fish
- ▼ Limit sugary drinks
- ▼ Include balanced snacks to prevent overeating at meals



What nutrition behavior change can you make today?

- ▼ Consume more whole foods vs. processed
- ▼ Eat mindfully and without distractions
- ▼ Identify the foods that work for you and foods that don't
- ▼ Increase calcium containing foods in your diet
- ▼ Review supplements with pharmacist to determine if you need them
- ▼ Book an appointment with your registered dietitian to create nutrition plan that is unique to your needs



Take action today

▼ Is there **one** nutrition behaviour change that you can implement today?

For example:

- I will aim to increase my fruit and vegetable intake by:

Having a fruit and almonds for a snack in the afternoon and half my plate of vegetables at supper.

1



Steps towards health management

- ▼ Remember:
 - ▼ Every facet of your health is connected
 - ▼ You are not alone. Seek the support of your health team members to help come up with a unique plan to meet your needs:
 - ▼ Specialist
 - ▼ Family Doctor
 - ▼ Nurse
 - ▼ Physiotherapist
 - ▼ Occupational therapist
 - ▼ Registered dietitian
 - ▼ Pharmacist



Steps towards health management



Online learning



How You Eat Matters [↗](#)



Recipe: Edamame and Avocado Spread

This edamame and avocado spread on whole grain toast is a perfect protein-packed snack that provides a boost of energy!

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Any final thoughts or recommendations?



Questions



Tell us what you think...



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**May is
Leave a Legacy
Month**



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For more info, visit
www.arthritis.ca/plannedgiving

Upcoming Events



Arthritis Talks: **Joint Surgery 101**

Dr. Eric Bohm, Orthopedic Surgeon, Manitoba
Susan Johnston, Nurse Educator, British Columbia

6 p.m. ET

Learn about:

- How to make important decisions surrounding surgery
- How to prepare for joint surgery
- What questions you should ask your surgeon prior to and after surgery
- What to expect immediately after surgery
- How to ensure your recovery is successful

Register at:

Visit arthritis.ca/arthritis-talks or click the link in your email inbox

