

# HEALTH ADVICE: RIGHT DIET FOR RHEUMATOID ARTHRITIS



Every illness needs a complex treatment. Right medication can help very much, can nevertheless not do the entire job. Right diet can for example alleviate symptoms of inflammatory arthritis and strengthen bones. Tips for the right diet you will find here. Proper nutrition is an important pillar of treatment. Patients with chronic inflammatory rheumatism have significantly fewer symptoms and often need less medication, even if they change their diet, while severely restricting especially their consumption of meat and sausage. The studies have shown.

According to Dr. Kalousek is the proper nutrition one of the most important pillars of the treatment of rheumatoid arthritis. Recent studies have shown that patients suffering from rheumatoid arthritis have significantly fewer symptoms and need often less medication if they change their eating habits. The special rheumatoid arthritis diet strictly forbids meat and smoked meat products.

Nutrition experts recommend a predominantly vegetarian diet, supplemented by low fat milk products and fish. How does this diet help? People on this diet take fewer pro-inflammatory arachidonic acid. Fat meat, eggs and fat milk products contain this acid. So it is necessary to eliminate them from the menu. Vegetarian meals do not contain these acids, so they can be highly recommended. Fish and seafood do also contain arachidonic acids. But it has also high contains of anti-inflammatory omega-3 fatty acids which act as antagonists of arachidonic acids in the metabolism.

Some fatty acids in vegetable oils have proved to have same function as fish and seafood omega-3 acids. Although dairy products contain arachidonic acid, but also a valuable building block of protein and bone calcium. In order to strengthen bones and prevent osteoporosis, rheumatism should resort to low-fat products, since these provide less arachidonic acid. Although milk products contain the arachidonic acid as well, they also contain a valuable building block of protein and bone calcium, which is necessary for osteoporosis prevention. People suffering from rheumatoid arthritis should nevertheless choose low fat milk products that contain less arachidonic acid.

## **Nutrition Tips:**

- \* Avoid high-fat animal foods such as lard, liver, egg yolk, butter, cream and fatty meats and cheeses.
- \* Eat meat or sausage of maximum twice per week.
- \* Fruits and vegetables should build one of the main part of your diet. Five servings a day are recommended.
- \* Try to eat fish twice a week, include salmon, herring or mackerel.
- \* Try different vegetarian dishes, including vegetable pans, casseroles, egg-free pasta with vegetable sauce and rice dishes.
- \* Use vegetable oils that are rich in omega-3 fatty acids and vitamin E. Linseed, canola, walnut and soya oil are highly recommended. Nuts are also rich in essential fatty acids and vitamins. They taste pure in salads and cereals.
- \* Drink a pint low-fat milk, or eat the same amount of reduced-fat dairy products (yogurt, cottage cheese, cheese) every day.

Date: 2015-11-27

Article link:

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