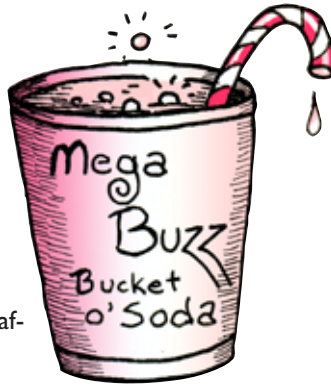


The 10 Worst Foods for Arthritis

1. Sugary carbohydrates, including cookies, candies, sodas and fruit drinks
2. All fast foods, especially deep-fried
3. Refined wheat products (white bread, cakes, pasta)
4. Refined polyunsaturated vegetable oils (corn, soy, safflower, sunflower and canola)
5. Tub margarines and mayonnaise
6. Most commercial salad dressings and dips
7. Granola bars and most energy bars
8. Processed snacks, including chips and crackers
9. Microwave popcorn with butter “flavoring”
10. Veggie burgers and other fake soy-based “foods”

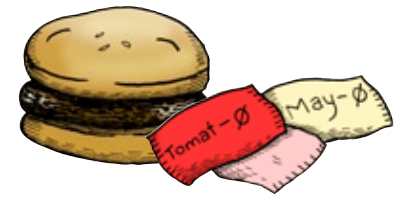


Your joints will feel much better if you eat fewer items on this list. That's because these pain-provoking foods contain excessive amounts of omega-6 fatty acids.

Too many omega-6s in your diet tend to cause inflammation, while omega-3s calm it down. When they're out of balance with omega-3s, the body churns out hormone-like substances called eicosanoids, which are highly inflammatory.

To minimize arthritis pain and stiffness, choose foods rich in anti-inflammatory omega-3s, while limiting your intake of those containing a lot of omega-6s.

(See fold-over section at right for other joint-healing tips.)



The 10 Worst Snacks for Arthritis

AS A RULE OF THUMB, avoid virtually all vending machine options. The best arthritis snacks should “keep it real” (as in real food). Because the good stuff is so hard to find, make it a habit to carry your snacks with you—to work, on airplanes, and to the gym—so your hunger won't force you to eat whatever's handy. Because the “handiest” snacks are usually the ones that make your joints flare up.

- Stay away from sodas, fruit drinks and anything with sugar in it because it triggers inflammation and makes you crave more sugary foods a short time later.
- Likewise, steer clear of granola bars and energy bars, which are just candy masquerading as a pseudo-health food.
- Other pain-activating foods and snacks include yogurt-covered nuts or raisins, banana chips and so-called “natural” potato chips. Even innocent-looking pretzels act just like sugar when they hit your bloodstream because they're made with refined white flour. Hello, inflammation!

THE BEST FOODS to soothe and heal your joints are fresh fruits, vegetables, omega-3 fish and lean meats, lentils, beans and whole grains. These are the foundation of The Arthritis Healing Diet™. These whole foods should comprise at least 80% or more of your day's nutrition.

Snack on nuts and seeds. They contain omega-6s in their healthful original form, as do high-quality meats. Remember: It's easier and smarter to add more good foods to your diet than to fight your cravings for the bad ones.

It's all about balance. Bring your total omegas into balance by consuming more omega-3s foods such as extra virgin olive oil, ground flaxseed, walnuts, cold-water fish and omega-3 fortified eggs.

- To get the maximum healing benefit of omega-3s, take 3,000 mg of a high-quality fish oil supplement daily. Your joints will thank you.
- For optimal health and joint comfort, cook with small quantities of high-quality, natural oils such as coconut and sesame oils. Use omega-rich extra virgin olive oil for dressing salads and veggies—it's the most anti-inflammatory oil of them all.