Arthritis

No drug or food can cure arthritis, but making healthy food choices may help reduce your symptoms. Try these simple ideas to help manage your arthritis.

* Eat a wide variety of foods from each of the five food groups: wholegrain foods, fruit, vegetables, lean meat and meat alternatives, and dairy products.
* Drink plenty of water. Staying hydrated will help keep your joints lubricated.
* Eat foods with ‘omega-3 fats’. Oily fish (tuna, sardines, trout and salmon), walnuts and green vegetables are high in omega-3s.
* Care for your body by focussing on eating well and staying active. Short term diet plans or skipping meals can make you lose muscle (and strength).
* Get moving! Being active can bring relief for people with arthritis. Movement can help you avoid stiff joints, and strengthen your muscles. Walking, swimming, yoga, tai chi, stationary cycling and dancing are great ways to get moving. Ask your GP, exercise physiologist or physiotherapist for other activity ideas.
* If you think a food might be making your arthritis worse, talk to your doctor or an Accredited Practising Dietitian. There’s little evidence about avoiding foods for arthritis, unless you have an allergy or intolerance.

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