



Healthy eating with rheumatoid arthritis (RA).

It's always important to maintain a healthy diet, but when you have RA, there are certain foods that may be beneficial as well. Some studies suggest that these foods may help with a few RA symptoms. Remember, you should talk to your doctor or nutritionist before making any changes to your diet.

Here's a list of foods and ingredients to consider. You can print this and keep it in your kitchen to inspire your next meal or snack.

FATTY FISH

Not all fish are created equal. Some, like herring, mackerel, trout, salmon, and tuna, are rich in omega-3 fatty acids. Omega-3 fatty acids are anti-inflammatory and may help with inflammation associated with RA.

WHOLE GRAINS

Whole grains are not only rich in fiber, but have also been shown to result in lower levels of C-reactive protein, which is a marker of inflammation in the body and in blood.

DARK LEAFY GREENS

Spinach, kale, broccoli, collard greens, and other dark leafy greens are rich in vitamin E, which some studies have suggested may play a key role in protecting the body from pro-inflammatory molecules called cytokines.

NUTS

Many nuts contain antioxidants, which may help reduce the impact of inflammation in the body. Almonds, however, are unique because they're also high in fiber and vitamin E. Walnuts are special because they're rich in alpha-linoleic acid, a type of omega-3 fat.

SOY

Not only is inflammation painful, but it also has a negative effect on bone and heart health. Studies have found that isoflavones—compounds found in soy products—may help lower overall levels of inflammation in the body.

LOW-FAT DAIRY

They call vitamin D the “sunshine vitamin,” and low-fat cheese, milk, and yogurt are all great sources of it. Vitamin D helps to boost your immune system and may help with the inflammation associated with RA.

TOMATOES

Studies show that lycopene can reduce inflammation in the body. But here's what's amazing: not only is there a lot of it in raw tomatoes, there's even more of it in cooked tomatoes, like tomato sauce and tomato juice.

BEETS

Loaded with vitamin C and plant pigment antioxidants called betalains, both beets and beetroot juice have been shown to reduce inflammation.

TURMERIC

Turmeric spice comes with an important primary active ingredient: curcumin. Not only is curcumin believed to help alleviate chronic pain, but some evidence suggests it may also act as an anti-inflammatory. This active ingredient may also help with tender and swollen joints.

GARLIC AND ONIONS

You know how pain medications like ibuprofen ease inflammation? Garlic has been shown to work the same way. And onions contain the phytonutrient quercetin and the compound allicin, which are also anti-inflammatory chemicals.

OLIVE OIL

Olive oil, a major component of the Mediterranean diet, contains large amounts of oleic acid. Similar to fish oil, oleic acid may help decrease inflammation. Some studies suggest it may help suppress other RA-related symptoms, such as pain, duration of morning stiffness, and grip strength.

BERRIES

Great for dessert, and also great for your body! There are indications that red raspberry extract may help prevent the development of arthritis, and other studies have shown that blueberries may help protect against inflammation.

This is not medical advice. We do not guarantee any individual results or beneficial outcomes. For more information, please visit arthritis.org.