

# 12 Best Foods for Arthritis

Although no diet can cure for arthritis, certain foods have been shown to strengthen bones, maintain the immune system and fight inflammation. Adding these foods to your balanced diet may help ease pain and other arthritis symptoms.

1. **Fuel Up on Fish** – Because certain types of fish are packed with inflammation-fighting omega-3 fatty acids, experts recommend at least 3 to 4 ounces of fish twice a week. Omega-3-rich fish include salmon, tuna, mackerel, and herring.
2. **Step Up to Soy** – Not a fan of fish but still want the inflammation-busting benefits of omega-3 fatty acids? Try heart-healthy foods made with soybeans like tofu or edamame. Soybeans are also low in fat, high in protein and fiber, and an all-around good-for-you food.
3. **Opt for Oils** – Extra virgin olive oil is loaded with heart-healthy fats as well as oleocanthal, which has properties similar to nonsteroidal anti-inflammatory drugs (NSAIDs). But it's not the only oil with health benefits. Avocado and safflower oils have cholesterol-lowering properties and walnut oil has 10 times the omega-3s that olive oil has.
4. **Check Out Cherries** – Studies have shown cherries may help reduce the frequency of gout attacks. Research has shown that the anthocyanins found in cherries have an anti-inflammatory effect. Anthocyanins can also be found in other red and purple fruits like strawberries, raspberries, blueberries, and blackberries.
5. **Don't Ditch the Dairy** – Low-fat dairy products, like milk, yogurt, and cheese, are packed with calcium and vitamin D, both of which increase bone strength. Vitamin D is essential for calcium absorption and helps support the immune system. If dairy doesn't agree with you, aim for other calcium- and vitamin D-rich foods, like leafy green vegetables.
6. **Bet on Broccoli** – Rich in vitamins K and C, broccoli also contains a compound called sulforaphane, which researchers have found may help prevent or slow the progression of osteoarthritis. Broccoli is also rich in calcium, which is known for its bone-building benefits.
7. **Go Green with Tea** – Green tea is packed with polyphenols, antioxidants believed to reduce inflammation and slow cartilage destruction. Studies also show that another antioxidant in green tea called epigallocatechin-3-gallate (EGCG) blocks the production of molecules that cause joint damage in people with rheumatoid arthritis.
8. **Suck on Some Citrus** – Citrus fruits, like oranges, grapefruits, and limes, are rich in vitamin C. Research shows that getting the right amount of vitamin aids in preventing inflammatory arthritis and maintaining healthy joints with osteoarthritis.
9. **Go with the Grain** – Whole grains lower levels of C-reactive protein (CRP) in the blood. CRP is a marker of inflammation associated with heart disease, diabetes, and rheumatoid arthritis. Foods like oatmeal, brown rice, and whole-grain cereals are excellent sources of whole grains.

10. **Break Out the Beans** – Beans are packed with fiber, a nutrient that helps lower CRP. Beans are also an excellent (and inexpensive) source of protein, which is important for muscle health. Some beans are rich in folic acid, magnesium, iron, zinc, and potassium, all known for their heart and immune system benefits. Look for red beans, kidney beans and pinto beans.
11. **Grab Some Garlic** – Studies have shown that people who regularly ate foods from the allium family – such as garlic, onions, and leeks – showed fewer signs of early osteoarthritis. Researchers believe the compound diallyl disulphine found in garlic may limit cartilage-damaging enzymes in human cells.
12. **Nosh on Nuts** – Nuts are rich in protein, calcium, magnesium, zinc, vitamin E, and immune-boosting alpha linolenic acid (ALA) as well as filling protein and fiber. They are heart-healthy and beneficial for weight loss. Try walnuts, pine nuts, pistachios, and almonds.

Source: Arthritis Foundation ([Arthritis@Work](#))