



World Arthritis Day – 12 October 2021

Nutrition Tips for People with Arthritis

Good nutrition can be helpful in:

- assisting in pain and fatigue management
- reducing stress on weight bearing joints
- improving recovery after surgery
- helping to maintain strong bones

Omega 3 Oils

There is limited evidence that fish oils (omega 3) reduce inflammation in some people with arthritis. Omega 3 oil is also thought to reduce risk of heart disease.



It is recommended to have 1-2 servings of fish or other seafood a week for good health. Omega oil is also found in flaxseed oil, walnuts and a small amount in red meats.

Vitamin Supplements

If you are unable to achieve a healthy food intake, vitamin supplements may be necessary. Talk with your Doctor about this.

Alternative arthritis treatments

Alternative treatments are available for many chronic diseases. Discuss these with your Doctor before you try them as they may interact with your treatment.

Need more help?

Therapy Professionals Ltd has experienced Dietitians who can provide group or individual nutrition education. For Enquiries: phone 377 5280



Calcium

- Bones need a constant supply of calcium to stay strong and healthy. It is never too late to start building this up.
- Adults need 1000-1300mg of calcium per day. Calcium in food is better absorbed than calcium supplements.
- Calcium will move out of your bones if you are inactive. Regular exercise means the calcium will stay in your bones.
- Vitamin D is essential for the absorption of Calcium and is available from sunlight. Thirty minutes outside every day, even in the shade, allows adequate Vitamin D to be made in your skin.



Ways to Maintain Healthy Weight

To lose weight

Even a small reduction in body weight will relieve stress on joints

- Replace sugar in drinks with artificial sweetener.
- Use trim milk 'calcitrim' milk. This has less fat and more calcium than regular milk.
- If you enjoy a biscuit with a cuppa, have a plain, un-iced one, and have only one!
- Use tinned fruit that has no added sugar
- Use diet soft drinks or cordials
- Have small servings of meat, medium serve of potato and fill up on vegetables for the main meal
- Treats are for sharing. Share a cake, dessert or sweet gifts.
- If you eat for comfort or company, write a list of other things you enjoy. For example phone a friend, have a relaxing bath, listen to music, do an easy puzzle, go for a walk, pick flowers
- Exercise regularly for general good health

Ways to gain weight

For some people, keeping weight on can be a struggle

- Have small regular meals with nourishing snacks inbetween
- Make sure everything you eat and drink is packed with good high calorie foods eg milky coffee, grated cheese on vegetables, butter on biscuits
- Consider having your main meal at midday if you get tired towards evening. Have dessert for afternoon tea or supper.
- Drink high protein milkshakes made with Complan or Sustagen powders.
- If cooking makes you tired, use convenience foods, for example, frozen meals, ready-made custard, cheese slices.

If you would like advice from our Dietitians, call us, we come to you

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