

Nutrition and Rheumatic Diseases

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Food for health



Facts

- There is no diet which can cure arthritis
- Diet can help improve immune function
- Adequate nutrition helps improve function and reduces fatigue
- Balanced diet is the “best diet”
- Anti inflammatory diet
- Diet to prevent gout
- Health supplements



HEALTHY SWEETS (such as plain dark chocolate) Sparingly



RED WINE (optional)
No more than 1-2 glasses a day



SUPPLEMENTS
Daily

TEA (white, green, oolong)
2-4 cups a day



HEALTHY HERBS & SPICES (such as garlic, ginger, turmeric, cinnamon) Unlimited amounts

OTHER SOURCES OF PROTEIN (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week



COOKED ASIAN MUSHROOMS
Unlimited amounts

WHOLE SOY FOODS (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day



FISH & SEAFOOD (wild Alaskan salmon, Alaskan black cod, sardines) 2-6 a week

HEALTHY FATS (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day



WHOLE & CRACKED GRAINS
3-5 a day



PASTA (al dente)
2-3 a week



BEANS & LEGUMES
1-2 a day



VEGETABLES (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum



FRUITS (fresh in season or frozen, organic when possible) 3-4 a day

Add Color to your plate



- **VEGETABLES**

- **How much:** 4-5 servings per day minimum (one serving is equal to 2 cups salad greens, $\frac{1}{2}$ cup vegetables cooked, raw or juiced)

- **Healthy Choices:** Lightly cooked dark leafy greens (spinach, collard greens, kale, Swiss chard), cruciferous vegetables (broccoli, cabbage, Brussels sprouts, kale, bok choy and cauliflower), carrots, beets, onions, peas, squashes, sea vegetables and washed raw salad greens

- **Why:** Vegetables are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, eat them both raw and cooked, and choose organic when possible.

Fruit Your health snack



- **How much:** 3-4 servings per day (one serving is equal to 1 medium size piece of fruit, $\frac{1}{2}$ cup chopped fruit, $\frac{1}{4}$ cup of dried fruit)
- **Healthy choices:** Raspberries, blueberries, strawberries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, and pears - all lower in glycemic load than most tropical fruits
- **Why:** Fruits are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, choose fruit that is fresh in season or frozen, and buy organic when possible.

Tasteful nutritional balance



- **BEANS & LEGUMES**

How much: 1-2 servings per day (one serving is equal to $\frac{1}{2}$ cup cooked beans or legumes)



Healthy choices: Beans like Anasazi, adzuki and black, as well as chickpeas, black-eyed peas and lentils



Why: Beans are rich in folic acid, magnesium, potassium and soluble fiber. They are a low-glycemic-load food. Eat them well-cooked either whole or pureed into spreads like hummus.

Pastaitaliana



- **PASTA (al dente)**

How much: 2-3 servings per week (one serving is equal to about ½ cup cooked pasta)



Healthy choices: Organic pasta, rice noodles, bean thread noodles, and part whole wheat and buckwheat noodles like Japanese udon and soba



Why: Pasta cooked al dente (when it has "tooth" to it) has a lower glycemic index than fully-cooked pasta. Low-glycemic-load carbohydrates should be the bulk of your carbohydrate intake to help minimize spikes in blood glucose levels.

Brains for grains



- **WHOLE & CRACKED GRAINS**

How much: 3-5 servings a day (one serving is equal to about ½ cup cooked grains)



Healthy choices: Brown rice, basmati rice, wild rice, buckwheat, groats, barley, quinoa, steel-cut oats



Why: Whole grains digest slowly, reducing frequency of spikes in blood sugar that promote inflammation. "Whole grains" means grains that are intact or in a few large pieces, not whole wheat bread or other products made from flour.

Fats for life

- **HEALTHY FATS**

- **How much:** 5-7 servings per day

- **Healthy choices:** For cooking, use extra virgin olive oil and expeller-pressed organic canola oil. Other sources of healthy fats include nuts (especially walnuts), avocados, and seeds - including hemp seeds and freshly ground flaxseed.

- Omega-3 fats are also found in cold water fish, also use walnut and hazelnut oils in salads and dark roasted sesame oil as a flavoring for soups and stir-fries

- **Why:** Healthy fats are those rich in either monounsaturated or omega-3 fats. Extra-virgin olive oil is rich in polyphenols with antioxidant activity and canola oil contains a small fraction of omega-3 fatty acids.



Tour to shores



- **FISH & SEAFOOD**

How much: 2-6 servings per week (one serving is equal to 4 ounces of fish or seafood)

- **Healthy choices:** Wild Alaskan salmon (especially sockeye), herring, sardines, and black cod (sablefish)

- **Why:** These fish are rich in omega-3 fats, which are strongly anti-inflammatory. If you choose not to eat fish, take a molecularly distilled fish oil supplement that provides both EPA and DHA in a dose of 2-3 grams per day.

For Meat lovers

- **SOURCES OF PROTEIN**

How much: 1-2 servings a week



Healthy choices: High quality natural cheese and yogurt, omega-3 enriched eggs, skinless poultry, grass-fed lean meats



Why: Try to reduce consumption of animal foods. If you eat chicken, choose organic, cage-free chicken and remove the skin and associated fat

- Use organic, reduced-fat dairy products moderately, especially yogurt and natural cheeses such as Emmental (Swiss), Jarlsberg and true Parmesan and organic eggs from free-range chickens.



Spice up your taste buds



- **HEALTHY HERBS & SPICES**

How much: Unlimited amounts

- **Healthy choices:** Turmeric, curry powder (which contains turmeric), ginger and garlic (dried and fresh), chili peppers, basil, cinnamon, rosemary, thyme

- **Why:** Use these herbs and spices generously to season foods. Turmeric and ginger are powerful, natural anti-inflammatory agents.

Don't miss out



- **SUPPLEMENTS**

How much: Daily



Healthy choices: High quality multivitamin/multimineral that includes key antioxidants (vitamin C, vitamin E, mixed carotenoids, and selenium); co-enzyme Q10; 2-3 grams of a molecularly distilled fish oil; 2,000 IU of vitamin D₃



Why: Supplements help fill any gaps in your diet when you are unable to get your daily requirement of micronutrients.

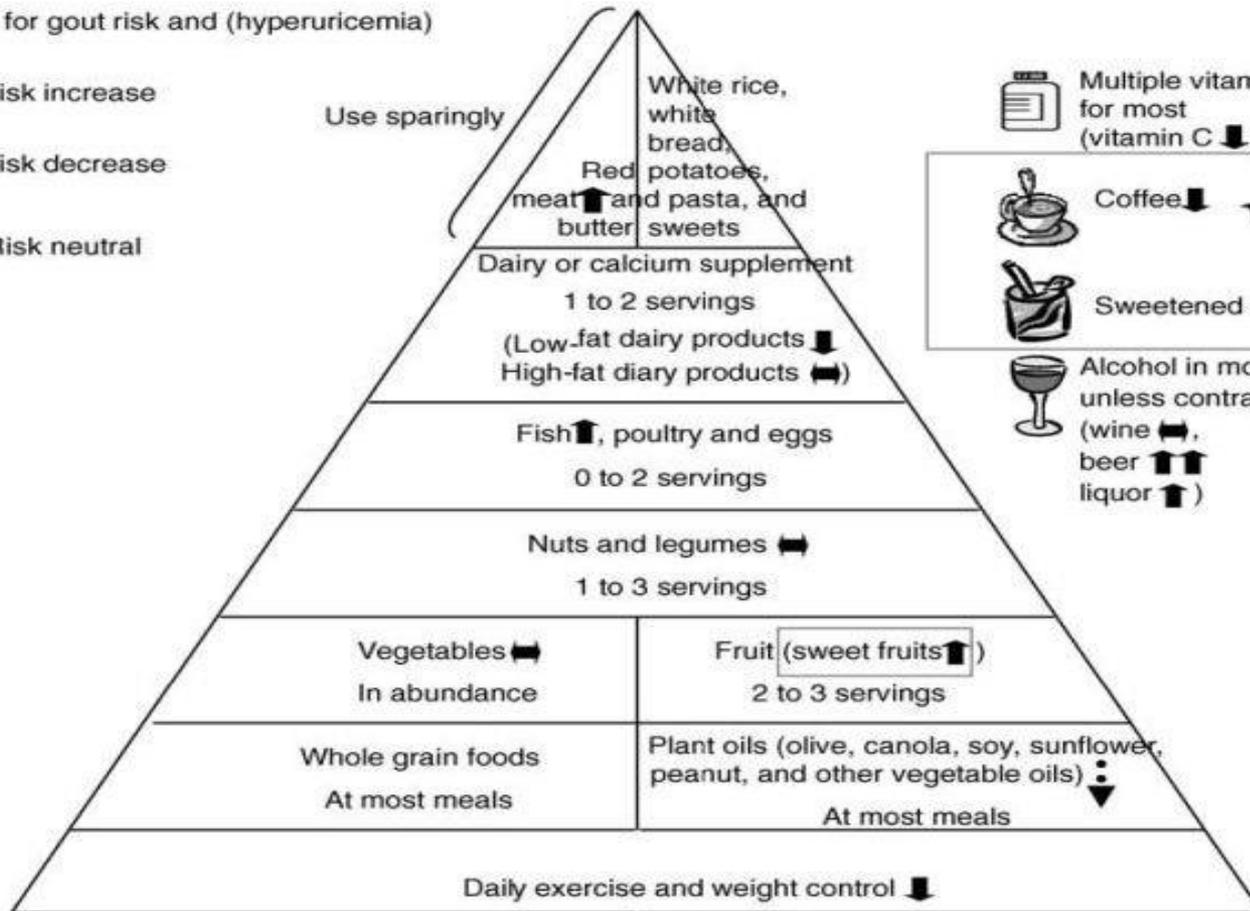
Gout and healthy eating

Medscape

Gout risk and a healthy eating pyramid

Symbols for gout risk and (hyperuricemia)

-  Risk increase
-  Risk decrease
-  Risk neutral



 Multiple vitamins for most (vitamin C ↓)

 Coffee ↓  Tea ↔

 Sweetened soda ↑

 Alcohol in moderation unless contraindicated (wine ↔, beer ↑↑, liquor ↑)

Thank You