

## Supporting Healthy Joints with Nutrition

Joint pain can result from inflammation, arthritis, or injury. While medical treatment is essential, your diet plays a crucial role in managing symptoms and supporting joint health. Here's how you can use nutrition to reduce pain and improve mobility.



### FOODS THAT FIGHT INFLAMMATION

A diet rich in anti-inflammatory foods can help reduce joint pain and stiffness. Include these in your daily meals:

**Omega-3 Fatty Acids** Found in salmon, tuna, walnuts, flaxseeds, and chia seeds, these healthy fats help reduce inflammation.

**Fruits & Vegetables** Berries, oranges, leafy greens, bell peppers, and tomatoes are packed with antioxidants that protect joints.

**Whole Grains** Brown rice, quinoa, and whole oats provide fiber, which may lower inflammation.

**Nuts & Seeds** Almonds, walnuts, and flaxseeds provide healthy fats and vitamin E for joint protection.

**Olive Oil** A natural anti-inflammatory alternative to butter and other oils.

**Legumes & Beans** Lentils, chickpeas, and black beans provide plant-based protein and fiber to support joint health.

### FOODS THAT MAY WORSEN JOINT PAIN

Avoiding or limiting pro-inflammatory foods can help minimize discomfort:

**Processed & Fried Foods** Chips, fast food, and packaged snacks contain unhealthy trans fats.

**Added Sugars** Found in sodas, pastries, and candies, sugar contributes to inflammation.

**Refined Carbs** White bread, pasta, and rice can spike blood sugar and promote inflammation.

**Excessive Alcohol** Can contribute to inflammation and weaken bones over time.

**Red & Processed Meats** High in saturated fats, which may increase inflammation.

### KEY NUTRIENTS FOR JOINT HEALTH

Optimizing certain nutrients can support cartilage, reduce pain, and enhance mobility:

**Vitamin D & Calcium** Strengthen bones and joints. Found in dairy, fortified plant milks, leafy greens, and sunlight exposure.

**Collagen & Protein** Essential for joint structure. Found in lean meats, fish, eggs, bone broth, and collagen supplements.

**Vitamin C** Helps with collagen production. Found in citrus fruits, bell peppers, and strawberries.

**Turmeric & Ginger** Natural anti-inflammatory spices that may help relieve joint pain.

**Magnesium** Supports muscle and nerve function. Found in nuts, seeds, and leafy greens.

### HEALTHY WEIGHT, HEALTHY JOINTS

Maintaining a healthy weight reduces stress on joints, particularly in the knees, hips, and spine. Losing even 5-10% of body weight can significantly improve joint function and reduce pain.

#### Tips for Weight Management:

- Eat balanced meals with lean proteins, healthy fats, and fiber-rich carbs.
- Stay active with low-impact exercises like swimming, cycling, and walking.
- Stay hydrated; drink at least 8 cups of water daily to keep joints lubricated.

### SAMPLE ANTI-INFLAMMATORY MEAL PLAN

- **Breakfast** Greek yogurt with berries, chia seeds, and walnuts.
- **Lunch** Grilled salmon with quinoa and roasted Brussels sprouts.
- **Snack** Hummus with carrot and cucumber sticks.
- **Dinner** Lentil soup with leafy greens and whole-grain bread.

### Want Personalized Nutrition Guidance?

Contact our dietitians to schedule a consultation!

[www.TOA.com/nutrition-services](http://www.TOA.com/nutrition-services)

NutritionTeam@TOA.com

