

Can what we eat affect our arthritis?

YES! Everyone needs a healthy, balanced diet that supports our health and wellbeing.

Whole foods are connected to reduced arthritis symptoms and maintaining a healthy weight

Whole foods come directly from plants or animals including:

- Fruit
- Vegetables
- Dairy foods
- Nuts & seeds
- Whole grains
- Fish
- Red meat



Processed food is related to increased arthritis symptoms

Processed food has fewer nutrients and is often high in sugar, salt and additives which can increase inflammation and weight gain.

This can increase arthritis symptoms including pain levels and lead to loss of joint function.

A healthy diet helps with arthritis management by supporting:

- Joint health
- Inflammation management
- Pain management
- Healthy immune system



Why Is It Important To Be A Healthy Weight?

- Carrying excess weight increases inflammation in the body and increases the pressure and burden on joints.
- This will increase pain and affect your mobility.
- Following a healthy, balanced diet, and a regular exercise programme will support a balance of energy in and energy out.
- Start with small steps, find what works for you.
- Losing weight by developing a long-term plan will usually result in better long-term weight control than fad or crash diets that are hard to stick with.

How Can I Manage Fatigue And Pain Through Eating?

Eating small amounts more often can be a useful way to support energy levels and mood which in turn can be part of pain management.

For more detailed information including:

- How to get started
- Food/nutrition plans
- Reading food labels

Visit [arthritis.org.nz](https://www.arthritis.org.nz), phone us on 0800 663 463, or look for us on Social Media.

Other useful links:

www.nutritionistsociety.ac.nz/find-a-nutritionist

www.dietitians.org.nz/find-a-dietitian/



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