

# ARTHRITIS FOOD LIST

## Foods To Eat

### Antioxidant-Rich Fruits

Apples Pomegranate Lemons  
 Avocados Pineapple  
 Bananas Oranges  
 Berries Mango Grape  
 Cherries Peaches  
 Grapefruits Prunes



### Lean Proteins

Chicken Breast Cod Turkey Breast  
 Kidney Beans Eggs Pork Tenderloin  
 Pinto Beans Lean Beef  
 Salmon & Tuna  
 Tofu & Tempeh  
 Soybeans Lentils



### Vegetables

Artichokes Brussels Sprouts Ginger  
 Asparagus Cauliflower Kale Beets  
 Bell Pepper Celery Onions Carrots  
 Broccoli Cucumber  
 Cabbage Spinach  
 Tomatoes Mushroom



### Healthy Fats & Oils

Avocado Oil Nut Butters Trout  
 Coconut Oil Sardines Oysters  
 Flaxseed Oil Mackerel  
 Hemp Oil Olives  
 Olive Oil Canola oil  
 Ghee Duck Fat



### Low-Fat Dairy

Almond Milk Greek Yogurt Yogurt  
 Cashew Milk Low-Fat Milk  
 Coconut Milk Oat Milk  
 Cottage Cheese Ricotta  
 Low-Fat Cheese Tofu  
 Fortified Soy Milk Nefir



### Herbs & Spices

Basil Paprika Cayenne Pepper  
 Cloves Parsley Cinnamon  
 Cumin Rosemary  
 Dill Sage  
 Garlic Thyme  
 Oregano Turmeric



### Whole Grains

Amaranth Whole Wheat Sorghum  
 Barley Millet Spelt Trifl  
 Brown Rice Oats  
 Buckwheat Quinoa  
 Bulgur Rye  
 Farro Wild Rice



### NUTS & SEEDS

Sunflower Seeds Pumpkin Seeds  
 Pistachios Hemp Seeds  
 Chia Seeds Almonds  
 Cashews Walnuts  
 Flaxseeds Pine Nuts  
 Hazelnuts Pecans



## Foods To Avoid

### Red and Processed Meats

Processed Sausages Pepperoni  
 Bacon Lamb Pork  
 Beef Hot Dogs  
 Ham Salami  
 Deli Meats  
 Venison Veal



### Processed Foods

Canned Vegetables Instant Noodles  
 Canned Soups Baked Goods  
 Frozen Meals  
 Packaged Snacks  
 Processed Cheese  
 Artificial Sweeteners



### Refined Carbohydrates

Bagels Candy Breakfast Cereals  
 Cakes White Bread White Rice  
 Pastries White Pasta  
 Cookies Pizza  
 Waffles Tortillas  
 Muffins Pretzels



### Fried & Fatty Foods

Fried Chicken Fried Doughnuts  
 Cheeseburgers Deep-Fried Seafood  
 French Fries Spring Rolls  
 Fried Fish Tempura  
 Onion Rings  
 Potato Chips



### Dairy Products

Butter Yogurt (Full-Fat)  
 Cream Whipped Cream  
 Full-Fat Milk  
 Cheese (Full Fat)  
 Ice Cream  
 Sour Cream



### Sugary Beverages & Foods

Carbonated Soft Drinks Pies  
 Energy Drinks Flavored Coffees  
 Syrups  
 Sweetened Milk  
 Sweetened Teas  
 Desserts



### High-Sodium Foods

Canned Beans Snack Foods (Salty)  
 Barbecue Sauce Fast Food  
 Soy Sauce Pickles  
 Teriyaki Sauce  
 Salted Butter  
 Seasoned Nuts



### Alcohol

Beer Whiskey Malt Drink  
 Brandy Sweet Wines  
 Cider Rum  
 Cocktails Tequila  
 Champagne Spirits  
 Vodka Gin



# Arthritis Relief Diet

**M Planty**



## **Arthritis Relief Diet:**

The book delves into Arthritis Relief Diet. Arthritis Relief Diet is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Arthritis Relief Diet, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Arthritis Relief Diet
- Chapter 2: Essential Elements of Arthritis Relief Diet
- Chapter 3: Arthritis Relief Diet in Everyday Life
- Chapter 4: Arthritis Relief Diet in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Arthritis Relief Diet. The first chapter will explore what Arthritis Relief Diet is, why Arthritis Relief Diet is vital, and how to effectively learn about Arthritis Relief Diet.
3. In chapter 2, this book will delve into the foundational concepts of Arthritis Relief Diet. The second chapter will elucidate the essential principles that must be understood to grasp Arthritis Relief Diet in its entirety.
4. In chapter 3, the author will examine the practical applications of Arthritis Relief Diet in daily life. The third chapter will showcase real-world examples of how Arthritis Relief Diet can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Arthritis Relief Diet in specific contexts. This chapter will explore how Arthritis Relief Diet is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Arthritis Relief Diet. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Arthritis Relief Diet.

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