

# 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 Trill  
 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

**RC Schank**



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