

Prevention of arthritis

Arthritis is a joint disease in which joint cartilage is damaged and destroyed. Although this disease is very common, it can be prevented in many cases with only a very simple measure, which is to have a healthy diet. Among these measures are the use of foods that contain omega-3 fatty acids (fish, walnut oil, soybeans, and soybeans) and reducing the intake of foods that contain arachidonic acid (beef tallow, red meat, meat products such as sausages, sausages, and liver). Recommended. Adequate use of food sources containing antioxidants such as vitamins E (types of vegetable oils such as sunflower oil, corn and wheat germ, broccoli and nuts...), vitamin C (types of citrus fruits, peppers, potatoes, etc.) beta carotene (yellow and orange vegetables and fruits such as corn, carrot, pumpkin, etc.), vitamin D (sunlight, cod liver oil, milk and dairy products, etc.), micronutrients such as selenium (seeds and nuts , types of meat and...), zinc (animal sources of zinc: livers, red and white meats, egg yolks and various cheeses

Plant sources of zinc: wheat, especially sprouted wheat, oats, breads made from barley and whole wheat, white beans, dry peas and lentils, corn, hazelnuts and peanuts) and magnesium and other minerals that are present in the structure of bones. They have calcium and phosphorus, which are abundantly found in seeds and nuts, as well as low-fat milk and dairy products, vegetables and fruits, especially those that do not contain oxalate and phytate compounds, such as spinach, are other dietary recommendations for these people. Replacing white meat such as aquatic meat and diets prepared from plant sources and supplementing them with milk or fried, grilled or steamed fish without frying in oil instead of consuming red meat can be very useful.

Experience has shown that obese people are more likely to suffer from arthritis, so a slimming diet and a gradual and principled reduction of excess weight can help reduce joint pain.

It is not recommended to consume saturated fats, hydrogenated or solid oils, high-fat and fried foods, and sugar, because these foods cause more pain in the joints by creating high acidity in the internal environment of the joints, and as a result, they become inflamed.

Eliminating the following items is effective in reducing the severity of arthritis:

- Inhibitors of calcium absorption such as: red meat, alcohol, coffee, most sweets and excess salt

- Foods with high oxalate such as: spinach, blueberries, plums and rhubarb

- Foods that cause swelling such as: all animal fats, fatty seeds, vegetable butter

Nutritional recommendations:

Natural soy and garlic

The consumption of soybeans in the diet can be effective in the treatment of arthritis pain due to the presence of its plant hormone. Also, the use of garlic and onions in the diet and the continuous consumption of these substances can prevent the occurrence of arthritis and even reduce the severity of the disease in the early stages. Therefore, daily consumption of several garlic cloves is recommended.

The role of nutrition in the prevention and treatment of arthritis



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According to the majority of people, some foods are effective in relieving knee pain. Some people think that if they eat sheep's feet, their knee pain and foot pain will be cured, but this is a misconception. The fact is that Pache consists of a protein called gelatin, which is new in terms of composition

It is not one of the high-quality proteins, and even if we say that pache is consumed because of its protein, we can still point to more useful proteins such as chicken and red meat, because in fact, all these proteins that we consume with food are digested in the intestine. Amino acids are broken down so that the body can make the protein it needs from these, and this means that whether we eat meat or leg, the same thing happens in the intestines and the same substance is made for the body. In addition, pache is usually consumed in one main meal, and if it is repeated, it can cause excess weight and, as a result, more pressure on the injured knee.

Turmeric and ginger, among other properties, have anti-inflammatory properties.

Also, daily consumption of elderberry is recommended to reduce joint pain.

the banana

It is usually known for its potassium, but this fruit can also be a good source of vitamin B6, folate, vitamin C, which is great for fighting arthritis.

Lentils

It is considered the best source for folate. In addition, lentils are one of the best sources of protein and contain a large amount of soluble fiber. It also contains a significant amount of vitamin B6. These nutritional benefits make lentils protect the body against heart diseases and cancer as well as arthritis.

Green tea

It contains hundreds of very strong antioxidant chemicals called polyphenols, which prevent problems from cancer to heart diseases. But research also shows that green tea may also be effective in relieving the symptoms or healing of rheumatoid arthritis.