

## popular diets

### Rheumatoid Arthritis

Managing RA symptoms is important for living your best life. Although there is limited evidence supporting a specific diet to treat or manage symptoms, many with RA choose to follow certain eating patterns. Below are some of the most popular diets within the RA community. Before starting any diet plan, talk with your doctor or a registered dietitian. For more information on eating well with RA, check out the *General Nutrition Recommendations* resource.

Diet	Details
<p><b>Paleo Diet</b></p>	<ul style="list-style-type: none"> <li>• A high-protein, high-fiber diet emphasizing the dietary patterns of our paleolithic ancestors.</li> <li>• Includes fish, lean meats, fruits, vegetables, and healthy fats. Eggs, nuts, and seeds are also included.</li> <li>• Processed foods are restricted, including refined white sugar. Dairy products, wheat, grains, legumes, potatoes, and refined vegetable oils, like canola oil, are also excluded from this diet.</li> </ul>
<p><b>Mediterranean Diet</b></p>	<ul style="list-style-type: none"> <li>• Encourages a diet rich in whole grains, vegetables, fruits, legumes, olive oil, and fish.</li> <li>• Limits saturated fat, red meat, poultry, dairy products, and processed food.</li> </ul>
<p><b>Gluten-Free</b></p>	<ul style="list-style-type: none"> <li>• Avoid all foods that contain gluten. Gluten is a protein found in wheat, rye, barley, and their products.</li> <li>• Gluten can also be found in products that were processed in the same areas as gluten-containing foods.</li> <li>• Naturally gluten-free foods include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans, and nuts.</li> </ul>