

nourishment notes

Rheumatoid Arthritis

Nourishment Notes



Almonds

Almonds are an excellent source of protein, fiber, heart-healthy monounsaturated fats and vitamin E. Vitamin E, a powerful antioxidant, may help to protect cells from damage.



Apples

Green apples contain certain nutrients that can help promote healthy bones. In severe forms of RA, bone health may become effected.



Arugula

Arugula is a leafy green vegetable that contains vitamin K to help with bone and heart health, and antioxidants that may help fight arthritic inflammation.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working its best.



Bananas

Bananas are rich in potassium and magnesium, both of which are important for heart health. They are also a good source of fiber and antioxidants.



Blackberries

Blackberries are rich in anthocyanins. Anthocyanins are a category of nutrients that may help protect the brain from Alzheimer's disease and lower the risk of colon cancer.

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♥ Black Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation and reduce pain associated with rheumatoid arthritis.



♥ Blueberries

Blueberries are high in fiber, vitamin C and vitamin K and have an incredibly high number of antioxidants.



♥ Bone Broth

Bone broth is nutrient dense and easy for the body to digest to promote healing. Specifically, bone broth has been shown to help reduce inflammation associated with joint pain from arthritis. It may also help boost the immune system, lower the risk for infection or illness, maintain healthy skin and promote a healthy gut.



♥ Brown Rice

Brown rice is a whole grain and an excellent source of B vitamins and fiber.



♥ Butternut Squash

Butternut squash is a great source of vitamin A, potassium and fiber. It also provides folate, vitamin B6, and vitamin E, all of which are especially important for those with RA.



♥ Cannellini Beans

Cannellini beans are rich in folate, an important nutrient for those with RA as certain types of drugs increase your folate needs.

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♥ Carrots

Carrots contain vitamin A and potassium. Vitamin A is important in strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



♥ Cauliflower

Cauliflower is a cruciferous vegetable, making it rich in folate and vitamin K. It also contains phytonutrients, plant-based compounds that may help lower the risk of cancer.



♥ Cherries/Dried Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body. Cherries may also help to relieve arthritis pain when consumed regularly.



♥ Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



♥ Chickpeas

Chickpeas are a good source of plant-based protein. They also contain fiber that can help promote gut and heart health.



♥ Cinnamon

Cinnamon may help lower inflammation and help reduce symptoms associated with rheumatoid arthritis.

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Cruciferous Vegetables (Cabbage, Kale, Broccoli, Brussels Sprouts)

Cruciferous vegetables (cabbage, broccoli, Brussels sprouts and kale) are rich in folate and vitamin K. They also contain phytonutrients; plant-based compounds that may help lower the risk of cancer.



Cucumbers

Cucumbers contain a variety of nutrients and a polyphenol called lignin. Studies show that a diet high in lignin is protective against heart disease, a common condition in those with RA.



Edamame

Edamame is a lean source of protein to help your body build new and healthy cells.



Eggs

Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.



Farro

Farro is a whole grain that contains both plant-based protein and fiber. The high amounts of fiber help to lower cholesterol levels and protect the heart from heart disease.



Ginger

Ginger is a powerful antioxidant that has been shown to reduce nausea and may help relieve muscle pain and soreness.

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Ground Flax Meal

Flax meal is high in omega-3 fatty acids, these types of fats are helpful for reducing inflammation in the body and lowering the risk for heart disease. Flax meal is also rich in dietary fiber.



Kale

Kale is an incredible source of vitamin K and may help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.



Kefir

Kefir is a fermented milk drink rich in probiotics. Probiotics are especially beneficial for gut health. Kefir also contains calcium, important for bone health.



Kimchi

Kimchi is a flavorful Korean side dish, traditionally made from fermented cabbage. The fermentation process promotes the growth of healthy bacteria, or probiotics. Probiotics are important for gut health and may improve immunity and the anti-inflammatory response.



Mushrooms

Mushrooms contain B vitamins which may help increase energy levels when tired. They are also rich in glutathione a substance that may help protect cells from inflammation in chronic illnesses.



Oatmeal/Oats/Old Fashioned Oats/Rolled Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut and heart health.

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Extra Virgin Olive Oil

Olive oil is rich in monounsaturated fats. These types of fats may help to reduce the risk of heart disease. The oleic acid in olive oil may also reduce inflammation.



Peaches

Peaches, or “stone fruits”, contain the nutrient lutein to promote eye health. They also provide vitamin C to help the body more easily fight infections and lower inflammation.



Peanut Butter

Peanut butter is a good source of protein and high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.



Pineapple

Pineapple contains a variety of nutrients important to helping support the immune system and decrease inflammation throughout the body caused by rheumatoid arthritis.



Pinto Beans

Pinto beans contain polyphenols, compounds that may help prevent certain forms of cancer. They are also an adequate source of fiber, an important nutrient that may help lower the risk of heart disease.



Red Pepper

Red pepper provides folic acid, a nutrient that may help to grow new and healthy cells.

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Salmon

Salmon contains anti-inflammatory omega-3 fatty acids. A diet rich in omega-3 fatty acids may help to calm inflammation and reduce the symptoms of rheumatoid arthritis.



Shallots

Shallots are a good source of vitamin A, vitamin B6, vitamin C and manganese. Vitamin C and B6 are especially important because deficiencies in these vitamins are common for those with RA.



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with rheumatoid arthritis.



Strawberries

Strawberries are packed with vital nutrients including vitamin C, potassium and antioxidants. These nutrients are crucial for healing, lowering blood pressure and may also help to lower inflammation.



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help lower pain from arthritis and contribute to a healthy cardiovascular system.

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Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. This type of fat is important for heart and brain health, as well as reducing inflammation associated with rheumatoid arthritis.



White Whole Wheat Flour

White whole wheat flour is made with a different variety of wheat. It contains essential nutrients such as fiber, that help to promote a healthy digestive tract as well as support good heart health.



Whole Grain Pasta

Whole grain pasta is an excellent source of fiber. Fiber is particularly beneficial for those with RA because it can help reduce the risk of heart disease.



Zucchini

Zucchini provides B vitamins that can help to increase energy levels.