



Nutrition and Osteoarthritis



- Osteoarthritis (OA) is the fastest growing causes of disability worldwide (1).
- Food nourishes the body in a way that it can help battle the painful inflammation in your joints. How can we help combat the symptoms of OA?

Improve Symptoms	Worsens Symptoms
<ul style="list-style-type: none">• If overweight, lose $\geq 10\%$ of your body weight, this can improve pain & function (2).	<ul style="list-style-type: none">• Overweightness & obesity
<ul style="list-style-type: none">• Diet rich in Omega 3's-natural anti-inflammatory (fatty fish, nuts, olives, chia, flax, and hemp seeds, eggs, wild rice).	<ul style="list-style-type: none">• High intake of processed foods
<ul style="list-style-type: none">• Adequate Vitamin K intake (green leafy vegetable (Male-120 mcg, female-90 mcg). Important in cartilage metabolism.	<ul style="list-style-type: none">• High intake of sugar and sweetened beverages
<ul style="list-style-type: none">• Get vitamin D level assessed, low vitamin D levels are associated with OA progression and cartilage loss (1).• Rich Vitamin C intake is associated with a reduction in disease progression (3).	<ul style="list-style-type: none">• Minimal fruit and vegetable intake• Low vitamin D levels
<ul style="list-style-type: none">• Limit processed foods and aim for a diet rich in fruits, veggies, whole grains, nuts, seeds, beans, legumes, spices, etc. to provide essential, antioxidants, vitamins and minerals.	<ul style="list-style-type: none">• Inactivity