

# Anti-Inflammatory Foods and



Arthritis Friendly Recipes  
to help you be more active.



## Omega-3 Fatty Acids

While other foods increase levels of inflammation in the body, omega-3s actually work to decrease inflammation by suppressing the production of cytokines and enzymes that erode cartilage. More than a dozen studies have demonstrated that omega-3 fish oils can reduce symptoms of rheumatoid arthritis. Study participants reported greater strength, less fatigue, reduced joint swelling and tenderness, less joint stiffness and less pain. **The best foods for omega-3 fatty acids: salmon (wild, fresh or canned), herring, mackerel (not king), sardines, anchovies, rainbow trout, Pacific oysters, omega-3-fortified eggs, flaxseed (ground and oil), and walnuts.**

**It is recommended that you walk at a brisk pace for 30 minutes a day. Walking 3 times for 10 minutes gives you the same benefits as the longer walk and can be easier to fit into your busy day.**

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## **Chickpea, avocado and walnut salad**

Serves 1 – 2

14oz tin of chick peas

1 medium ripe avocado, stoned, scooped from the skin and diced

2 tbsp virgin olive oil

1 tsp fresh lemon juice

1 clove garlic, crushed

sea salt and black pepper

½ tbsp chopped parsley to garnish

2oz walnut pieces



1. Drain the chick peas and combine with the avocado.
2. Stir in the oil, lemon juice and garlic, season with salt and pepper and sprinkle with the walnut pieces.
3. Garnish with parsley and serve.

This recipe contains arthritis friendly ingredients supplying omega-3 fatty acids (suppress inflammation), vitamin C (cartilage health), selenium (decrease severity of arthritis), Carotenes (reduce arthritis risk), Quercetin (anti-inflammatory)

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## **Anti-Oxidant—Selenium**

Low levels of the mineral selenium are related to osteoarthritis severity, and possibly to rheumatoid arthritis. In a study of more than 900 people, those who had low levels of selenium were more likely to have osteoarthritis of the knee. People who ate very few selenium-rich foods were nearly twice as likely to have severe arthritis compared with those who ate a selenium-rich diet. **Some of the best foods for selenium: Brazil nuts, tuna (to avoid mercury, buy canned *light* tuna), crab, oysters, tilapia, pasta (whole-wheat), lean beef, cod, shrimp, whole grains, turkey and wheat germ.**

**While waiting for the rice to cook, take some time to do some simple exercises: Up on your toes then rock back on your heels is a great one for balance and stretching out your legs, but be sure to have something to hold on to if you need it.**

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## **Cashew Paella**

Serves 4

### **Ingredients**

1 Tbsp olive oil	1 leek – chopped
1 red pepper – chopped	1 green pepper – chopped
4 oz mushrooms – sliced	8 oz long grain brown rice
4 oz cashew nuts	1 pint vegetable stock
Freshly ground black pepper	Pinch of dried mixed herbs

### **Instructions**

1. Heat the oil and sauté the vegetables gently for 5 minutes until tender. Add the rice and saute for a further 3 minutes, stirring.
2. Add the nuts, stock and seasoning, bring to the boil and simmer for about 30 minutes until the rice is cooked and most of the water has been absorbed, stir occasionally.
3. Serve hot with salad.



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## **Anti-Oxidant—Vitamin C**

Vitamin C is one of the nutrients most responsible for the health of collagen, a major component of cartilage. Research suggests that people who eat a diet low in vitamin C may have a greater risk of developing some kinds of arthritis. *However*, researchers at Duke University found that *long-term, high-dose* vitamin C supplements may make osteoarthritis worse. **Some of the best foods for vitamin C: guava, sweet peppers (yellow/red/green), oranges, grapefruit, strawberries, pineapple, kohlrabi, papayas, lemons, broccoli, kale, brussels sprouts, kidney beans, kiwi, cantaloupe, cauliflower, red cabbage, mangos, white potato (with skin) and mustard greens.**

**Regular exercise can help keep your joints flexible. Swimming or water aerobics is often a good choice because the buoyancy of the water reduces stress on weight-bearing joints. The Kenosha Area Physical Activity Guide can help you locate activities in your area.**

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### **Creamy Fruit Delight** Serves 4-6

#### **Ingredients**

8oz cherries, pitted & halved	2 large peaches
2 large nectarines	1¼ pints natural thick yogurt
2oz chopped walnuts	2 tbsp flower-scented honey
Fresh cranberries to decorate	

#### **Instructions**

1. To prepare the fruit, cut all fruit into small bite-sized pieces, place in a bowl
2. Spoon one-third of the yogurt into an attractive glass serving dish. Top with half the fruit mixture, repeat with next layer, finally top with the remaining yogurt
3. Sprinkle the walnuts over the top layer of yogurt. Drizzle the honey over the nuts and yogurt. Cover the bowl with cling wrap and chill for at least 1 hour. Garnish with a handful of cranberries just before serving.

Tip: Vary the fruit to whatever is best in market. Berries, figs, seedless grapes and melons are also delicious in the dessert.



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## Bring a plain salad to life with these tasty, healthy dressings

**French:** Stir together 4 tbsp olive oil, 4 tbsp. lemon juice; pinch dried herbs, fresh garlic, ground black pepper.

**Mayonnaise:** Place 4 tbsp lemon juice, 2 tsp mustard powder, 2 tsp finely chopped herbs and some ground black pepper in a blender. Liquidize until smooth. Gradually add 7–11 fl oz of extra virgin olive while the blender is still running, until you have a thick consistency. Store in the fridge.

**Yogurt:** add a few herbs of your choice to any natural yogurt.

**Tofu and lemon:** Blend 1 packet of tofu with 2 tbsp fresh lemon juice, 2 tbsp virgin olive oil, ½ tsp mustard and 1 clove garlic or fresh chives.

**Avocado:** Blend together juice of a lemon, 1 large avocado, and salt and pepper. Gradually add extra virgin olive oil until you get the consistency required.

**Hummus:** Simply add a spoonful of hummus on top of your salad for a thick garlic flavored dressing.

## Broccoli and Cauliflower Bake

Serves 4



### Ingredients

1½lb cauliflower

1tsp extra virgin olive oil

¼ pint almond or soy milk

2oz feta cheese, grated

2 medium sized broccoli stalks

3 eggs, separated

1 tsp mustard

3 tbsp flour

Divide the cauliflower and broccoli into small florets. Cook for approx. 5 minutes in boiling water until they're just tender. In a separate pan, mix the flour and mustard with the milk in the pan and then gently bring to the boil and simmer for 1 minute stirring all the time. The sauce will be very thick. Blend the cauliflower, broccoli, egg yolks and sauce in a food processor until smooth. Whisk the egg whites until stiff and fold into the cauliflower mixture. Spoon the mixture into a greased gratin dish, sprinkle with the feta cheese and bake at 400°F for approximately 30 minutes or until golden brown.

## Fish baked with lime

Serves 4

### Ingredients

2lb white fish fillets, such as cod or halibut

3tbsp extra virgin olive oil

1 large onion - finely chopped

6-8 tbsp chopped fresh coriander

Freshly ground black pepper and herbs of your choice

1 lime - halved

3 garlic cloves - finely chopped

Lemon and lime wedges to serve



### Instructions

Place the fish fillets in a bowl and sprinkle with herbs and pepper. Squeeze the juice from the lime over the fish. Heat the olive oil in a frying pan. Add the onion and garlic and cook for about 2 minutes, stirring frequently, until softened. Remove from heat. Place a third of the onion mixture and a little of the coriander in the bottom of a shallow ovenproof dish or roasting pan. Arrange the fish on top. Top with the remaining onion mixture and coriander. Bake in a pre-heated oven at 350F for 15-20 minutes or until the fish has become slightly opaque and firm to the touch. Serve immediately with lemon and lime wedges for squeezing over the fish. 9

## Yogurt and Melon Cup

Serves 4-6

### Ingredients

½ melon

½ pint natural yogurt

2 tbsp honey

2 tbsp wheat germ

2 tbsp toasted almonds



### Instructions

1. Scoop out the flesh of the melon, discard seeds and cut flesh into cubes.
2. Mix the yogurt, honey and wheat germ together and gently fold in cubes of melon.
3. Spoon into serving glasses and decorate with almonds.

# Chicken and Coriander Skewers

Serves 4

## Ingredients

4 skinless, boneless chicken breasts  
1 tsp ground coriander  
2 tsp lemon juice  
10 fl oz low fat natural yogurt  
1 lemon  
2 tbsp chopped fresh coriander  
Vegetable oil - for brushing  
Freshly ground black pepper  
Fresh coriander sprigs - to garnish



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## Instructions

1. Cut the chicken into one inch pieces and place them in a shallow dish.
2. Add the ground coriander, lemon juice, 4 tablespoons of the yogurt and salt and pepper to taste to the chicken. Mix to coat the chicken, cover and set aside to marinate in the refrigerator for at least 2 hours, preferably overnight.
3. To make the lemon yogurt, put the remaining yogurt in a bowl. Peel and finely chop the lemon, discarding any seeds. Stir the lemon into the yogurt with the chopped fresh coriander. Cover with cling film and chill in the refrigerator until required.
4. Thread the chicken pieces onto metal or soaked bamboo skewers. Brush the barbeque rack with oil and cook the chicken over hot coals for about 15 minutes, brushing occasionally with the oil and turning frequently. You can also broil them in the oven for 15-20 minutes, turning frequently.
5. Transfer the chicken kebabs to warm serving plates and garnish with sprigs of fresh coriander. Serve with the lemon yogurt, lemon wedges and salad leaves.

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# Pot roast chicken with orange and pecan

Serves 4

## Ingredients

1 bunch of spring onions, chopped

1 tbsp sunflower oil

finely grated rind and juice of 1 orange

½ cup pecans

1 bouquet garni sachet: see below for ingredients (herbs are tied in cheese cloth for easy removal after cooking)

1/4 cup dried parsley

2 Tablespoons dried thyme

2 Tablespoons dried bay leaf

2 Tablespoons dried rosemary

freshly ground black pepper

2 tsp flour

1 tbsp brandy or water

2 carrots, sliced

4 chicken breasts

1¼ cups chicken stock

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## Instructions

1. Sauté the spring onions and carrots in the oil in a **flameproof** casserole dish for 2 minutes. Top with the chicken portions.
2. Blend the orange rind and juice with the stock and pour over chicken. Add the pecans and bouquet garni. Season lightly with salt and pepper.
3. Cover and cook in a preheated oven at 375°F for 1 hour.
4. Discard the bouquet garni, transfer the chicken to a serving dish and place back in warm oven to stay warm.
5. To make the sauce, blend the flour with the brandy or water. Add to the stock and cook for 1 minute, stirring. Taste and season if necessary. Spoon the sauce over the chicken and serve.



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## Pineapple Dream

Serves 2

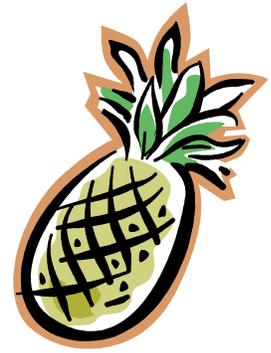
### Ingredients

6 Dates, pitted and chopped

1 Large banana, sliced

½ can pineapple in natural juice, chopped

1 cup mascarpone cheese OR Whipped Cream



### Instructions

1. Mix together the fruits and juice and spoon into glass serving dishes.
2. Top with mascarpone or whipped cream and serve.

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## Tangy Apple Swirl

Serves 4

### Ingredients

1lb cooking apples

1 tbsp margarine

¼ cup brown sugar

Pinch of ground cloves

Grated rind of ½ lemon

½ pint natural yogurt

### Instructions

1. Peel, core and chop the apples.
2. Place all the ingredients, except yogurt, in a saucepan and cook over a gentle heat, stirring occasionally until the apples are soft.
3. Stir thoroughly to give a 'rough' consistency and leave to cool.
4. In a glass serving dish, or individual dishes, spoon alternate spoonfuls of yogurt and apple until it is all used up.

With a knife, swirl the mixtures to give a decorative effect. Serve chilled.



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## Sweet and Crunchy Salad

Serves 4

### Ingredients

6 large carrots – grated

3 oz raisins

4 oz sunflower seeds

1 red eating apple – diced and tossed in lemon juice

1 green eating apple – diced and tossed in lemon juice

1 tbsp plain yogurt

1 tbsp honey

Freshly ground black pepper

Lettuce leaves



### Instructions

1. Mix the carrots, raisins, apples and seeds together.
2. Blend the yogurt with the honey and season with pepper.
3. Add yogurt to apple mixture and toss gently. Pile on to the lettuce leaves and serve.

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## Banana cake

1/2 cup butter at room temperature

1/2 cup honey

1 tsp baking soda

2 lg ripe bananas, mashed

1 tsp pure vanilla extract

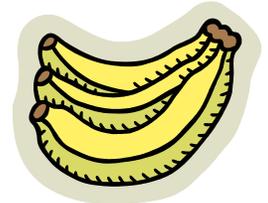
3/4 cup sugar

2 eggs

1/2 cup yogurt

1 1/2 cups whole wheat flour

1 cup coarsely chopped walnuts



1. Set the oven to 350 degrees and grease a 9-inch loaf pan.
2. Put the butter into a large bowl and blend in sugar. Beat in the egg; add all ingredients except nuts. When well-blended, add nuts.
3. Bake about 50-60 minutes or just until the cake begins to shrink away from the sides of the pan. It should not be allowed to dry out in baking, but rather should have a moist, almost custardy texture.

Serve as is or with a blob of whipped cream and a few banana slices.

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## **Anti-Oxidant—Carotenes**

The carotenoids are a group of powerful antioxidant nutrients found in many fruits and vegetables. The best known is beta carotene, but there are many others. When it comes to arthritis, the carotenoid called beta-cryptoxanthin may reduce the risk of developing inflammation-related disorders, including rheumatoid arthritis. Researchers from the United Kingdom found that people who ate diets high in beta-cryptoxanthin were half as likely to develop a form of inflammatory arthritis as those who ate very few beta-cryptoxanthin foods. They found that adding just one additional serving each day of a food high in beta-cryptoxanthin helped reduce arthritis risk.

**Some of the best foods for beta carotene include: sweet potato, carrots, kale, butternut squash, turnip greens, pumpkin, mustard greens, cantaloupe, sweet red pepper, apricots and spinach.**

**Some of the best foods for beta cryptoxanthin include: winter squash, pumpkin, persimmons, papaya, tangerines, red peppers, corn, oranges and apricots.**

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## **Extra Virgin Olive Oil**

Olive oil contains the “good” monounsaturated fat, which protects the body against inflammation because it contains antioxidants called polyphenols. Use olive oil when cooking, instead of vegetable oil or butter. Don’t load it on — just substitute one for the other in equal or lesser amounts.

### Olive Oil Dip for Bread

1/4 cup olive oil  
2 garlic cloves, finely chopped  
1 teaspoon basil  
1 teaspoon crushed red pepper flakes  
2-3 teaspoons balsamic vinegar

### Directions

1. Combine all ingredients, except vinegar.
2. Heat in microwave for 20 seconds.
3. Let sit a few minutes.
4. Add vinegar and serve.



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## **Bioflavonoids – quercetin**

The bioflavonoids quercetin and anthocyanidins are both forms of antioxidants. The anti-inflammatory effects of quercetin may seem to be similar to those of nonsteroidal anti-inflammatory medications (such as aspirin and ibuprofen). For example, the synovial fluid in joints of people with rheumatoid arthritis contain highly inflammatory chemicals called tumor necrosis factor (TNF). In research, quercetin was able to limit the inflammatory effects of TNF.

**Some of the best foods for quercetin: onions (red, yellow, white), kale, leeks, cherry tomatoes, broccoli, blueberries, black currants, elderberries, lingonberries, cocoa powder, apricots and apples with skin (\*Red Delicious).**

**A warm bath before exercising can relieve muscle tension, ease aching joints and help you move more efficiently. One before bed will help you get a good night's sleep.**

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## **Bioflavonoids – anthocyanidins**

Anthocyanidins and proanthocyanidins are powerful antioxidants known to reduce inflammation. They seem to inhibit production of certain inflammatory chemicals, including cytokines and prostaglandins. They contribute to the health of connective tissue, and are more powerful than vitamin C for defusing dangerous free radicals that can irritate body tissues and cause inflammation.

**Some of the best foods for anthocyanidins: blackberries, black currants, blueberries, eggplant, elderberries, raspberries, cherries, boysenberries, red/black grapes, strawberries and plums.**

**The Mayo Clinic, Arthritis Today and Joy Bauer MS, RD, CDN provided some of the content for this booklet.**

**The Mayo Clinic website: - [www.mayoclinic.com](http://www.mayoclinic.com)**

**Arthritis Today – [www.arthritistoday.org](http://www.arthritistoday.org)**

**Jay Bauer MS, RD, CDN - [today.msnbc.msn.com/id/21246089/](http://today.msnbc.msn.com/id/21246089/)**

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