



Thriving with Arthritis:  
Adopting supportive lifestyle habits.

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## Today we learn about...

- ✓ Food as Medicine
  - How food works for us... fuel, building blocks, antioxidants and hydration.
  - Benefits of a Mediterranean and/or Plant-Based style of eating
- ✓ Fun recipes ideas to get started
- ✓ How moving more helps...
- ✓ Building new healthy habits
- ✓ Q & A





# Food as Medicine



- Antioxidants, phytochemicals & Micronutrients
- Fiber (pre and probiotics)
- Fuel (complete protein, healthy fats, CARBS!)
- Individuals with certain conditions can benefit from avoiding specific foods

# Plant Antioxidants

- The Mediterranean Style of eating is one version of a PLANT-BASED DIET
- Omega 3 fatty acids are associated with decreased risk of RA
- Anthocyanins found in red and purple fruits = anti-inflammatory effect.



# Helpful compounds in food... and tea!



## **VITAMIN E & OMEGA 3**

- Plant oils, nuts and seeds, fatty fish and green leafy veg
- Fat soluble, antioxidant, helps with immune function and neurological health

## **RESVERATROL**

- Grapes, Cherries, pomegranates, watermelon, beets, rhubarb
- Inhibits biomarkers for cartilage degradation (Joints!)

## **CATECHIN POLYPHENOLS**

- Green tea, Holy Basil, Turmeric, Rosehips, Ginger, Fennel
- Antioxidants – free radical scavengers

## **OTHER ANTIOXIDANT PHYTOCHEMICALS**

- Found in herbs and spices: Cinnamon, Cloves, Cayenne



# What does an anti-inflammatory plate look like?



Grilled chicken, quinoa, apricots, red onion, and pecans on a bed of spring lettuce mix



Turkey and vegetable meatballs on pasta with fresh tomatoes and basil, and steamed vegetables



Black beans with quinoa and grilled vegetables



Chicken and brown rice veggie bowl with Chinese cabbage, snap peas, bell peppers, and carrots



Turkey burger with vegetable skewers and grilled romaine



Tofu and brown rice bowl with thinly sliced vegetables, sesame seeds, and Thai basil





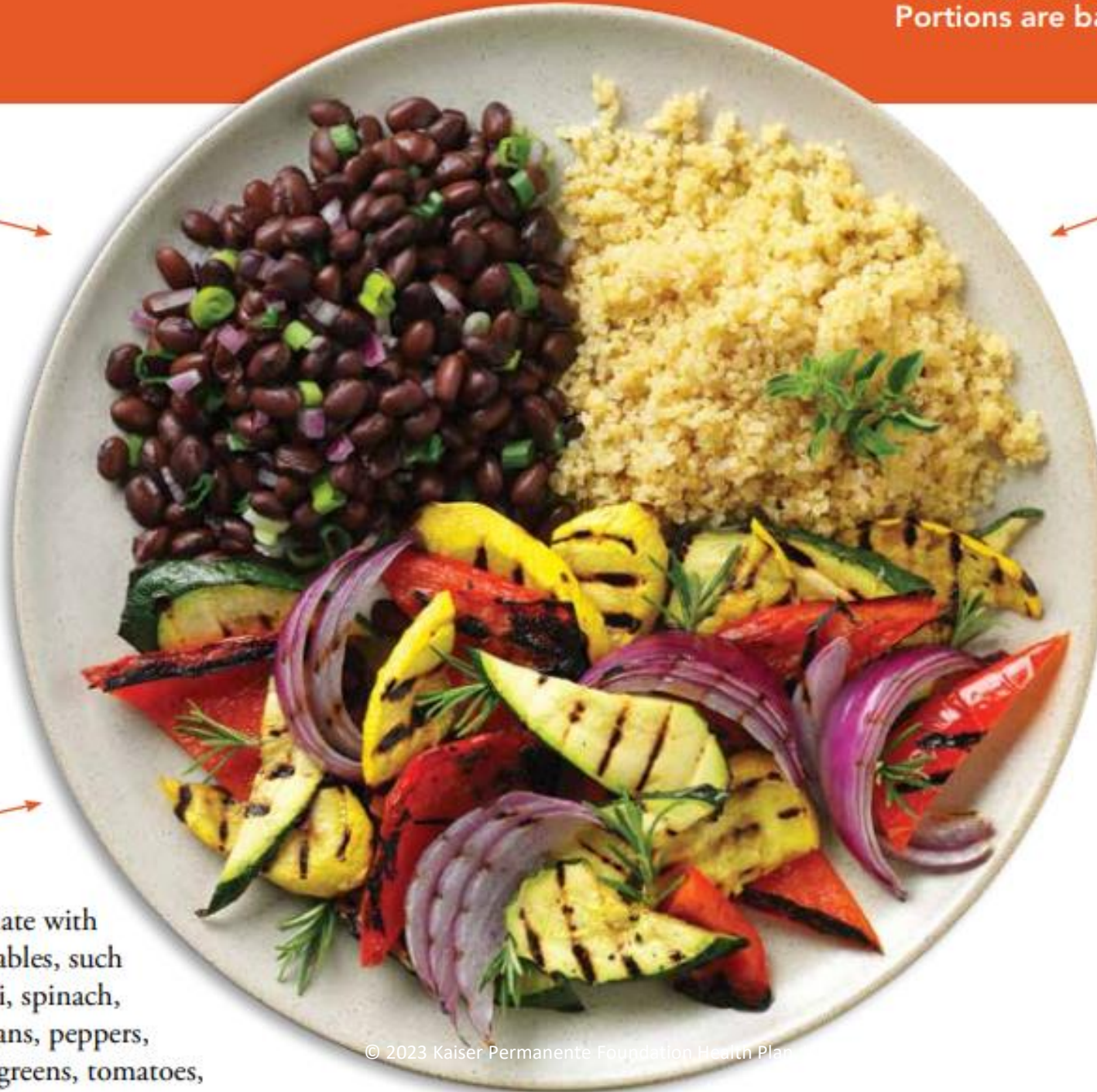
Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes,



**For good nutrition also choose each day:**

- 3 fruit servings. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.



# Tips to eating an inflammatory diet...

- ✓ Swap processed food like chips & dips for veggies & yogurt, etc.
- ✓ Eat veggies raw, roasted, grilled, baked, marinated, or in a smoothie.
- ✓ Use olive oil/herbs to season or dip.
- ✓ Swap lettuce, collard greens or chard for tortillas or bread
- ✓ Drink tea instead of coffee, soda, or energy drinks
- ✓ HYDRATE!!







# Simple Roasted Vegetables!

- 1 Eggplant
- 1 turnip
- 1-3 Parsnips
- 1-3 carrots
- 1 sweet potato
- 1-2 Zucchini/ other squash
- 1-2 cups broccoli
- 5 Roma tomatoes
- 1-2 Tbsp Olive Oil
- 2-3 Tbsp Balsamic Vinegar
- Pinch of salt/ salt free seasoning
- ½ Tbsp Basil, Oregano, Thyme, Parsley (or other favorite spice blend)

Preheat oven to 400 F and oil/ spray a baking sheet to prep. Wash, peel and chop all veg to desired size/ shape. Combine all with oil, vinegar and herbs in a large bowl. Mix with your hands to desired consistency. Roast for ~35 min or until desired cooked level



# Plant-Tastic Smoothie!

- Water/ plant milk/ no sugar added juice
- Cucumber
- Spinach
- Apples/ Pears
- Frozen or fresh berries (blueberry, blackberries, raspberry, strawberry)
- Banana
- (optional: yogurt and/or protein powder supplement)

Add ice, blend, and enjoy!







[recipetineats.com/marinated-bbq-vegetables](https://recipetineats.com/marinated-bbq-vegetables)

## Incredible BBQ Grilled Vegetables - marinated!

**Recipe video above!** An assortment of vegetables grilled on the BBQ until tender-crisp with charred edges, then while still hot, tossed in a Lemon Herb & Garlic Marinade so they suck up the flavour. Great served freshly made, even better the next day! See in post for serving ideas - antipasto / cheeseboard, starter, side dish, main, salad, or pasta. **Oven roasted** directions also included.



★★★★★  
4.98 from 42 votes

### Ingredients

#### Vegetables (Note 1):

- 2 red capsicum/bell peppers
- 2 yellow capsicum/bell peppers
- 2 red onions
- 1 eggplant, halved lengthwise, then 1.25cm/ 0.5" thick semi circles
- 2 zucchini, 0.7cm / 1/3" thick slices on diagonal
- 2 bunches asparagus, ends trimmed
- 200g/ 7oz button mushrooms

#### Grilling/Roasting:

- 1/4 cup (65ml) extra virgin olive oil
- 1 tsp each salt and pepper
- 3 cloves garlic, minced
- 1/4 cup parsley, roughly chopped (or chives)

#### Grilled Vegetable Marinade (Dressing):

- 1/3 cup (85ml) lemon juice
- 1/3 cup (85ml) extra virgin olive oil
- 2 tsp white sugar
- 2 garlic cloves, minced
- 1/2 tsp each salt and pepper

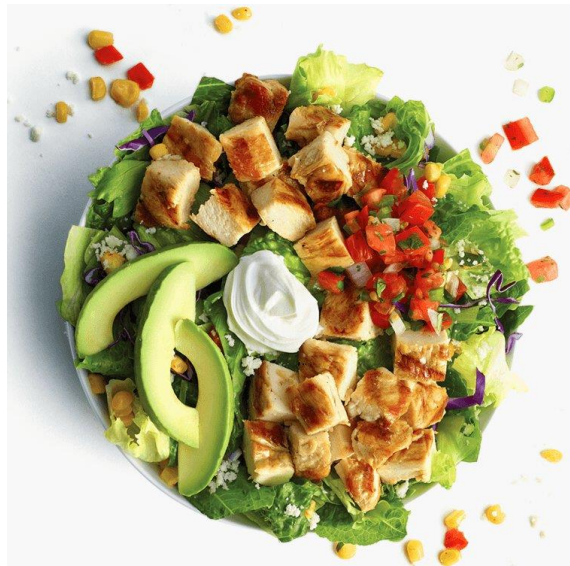


# Out and About...

Swap



for



Swap



for





# Helpful Resources !

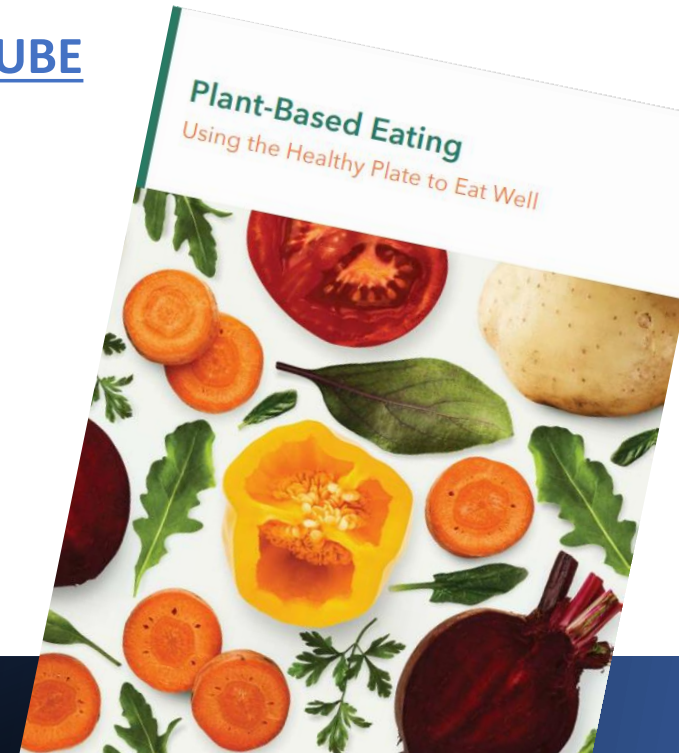
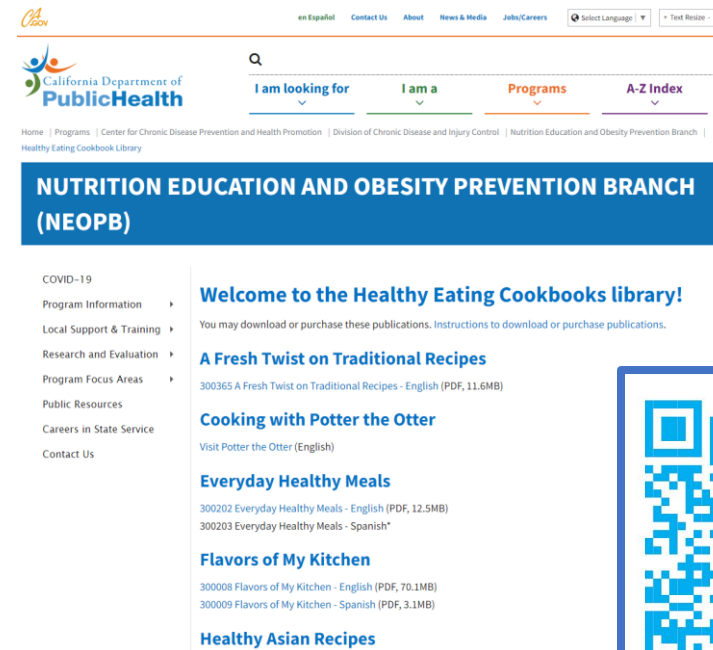
## [HEALTHY EATING COOKBOOK LIBRARY \(CA.GOV\)](#)

- Free easy to follow recipes (quick to full meals)
- English and Español

## [POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER YOUTUBE](#)

- Plant-based cooking videos
- Exercise videos
- Mindfulness and more...

## [KAISER PERMANENTE PLANT-BASED EATING](#)





## Moving More Helps

- ✓ Better range of motion
- ✓ Stronger muscles
- ✓ Enhanced endurance
- ✓ Improved balance
- ✓ Pain reduction



- Weakened/ underused muscles can lead to increased joint pain
- Regular exercise does not appear to increase joint damage
- Low impact exercise with long warmups and cool downs.
- Try short bouts of exercise (5-10 minutes) throughout the day (TIME over distance)





# Strength Training

- ✓ Stronger muscles = Better mobility
- ✓ Increased Balance
- ✓ Greater joint support
- ✓ Reduces bone loss





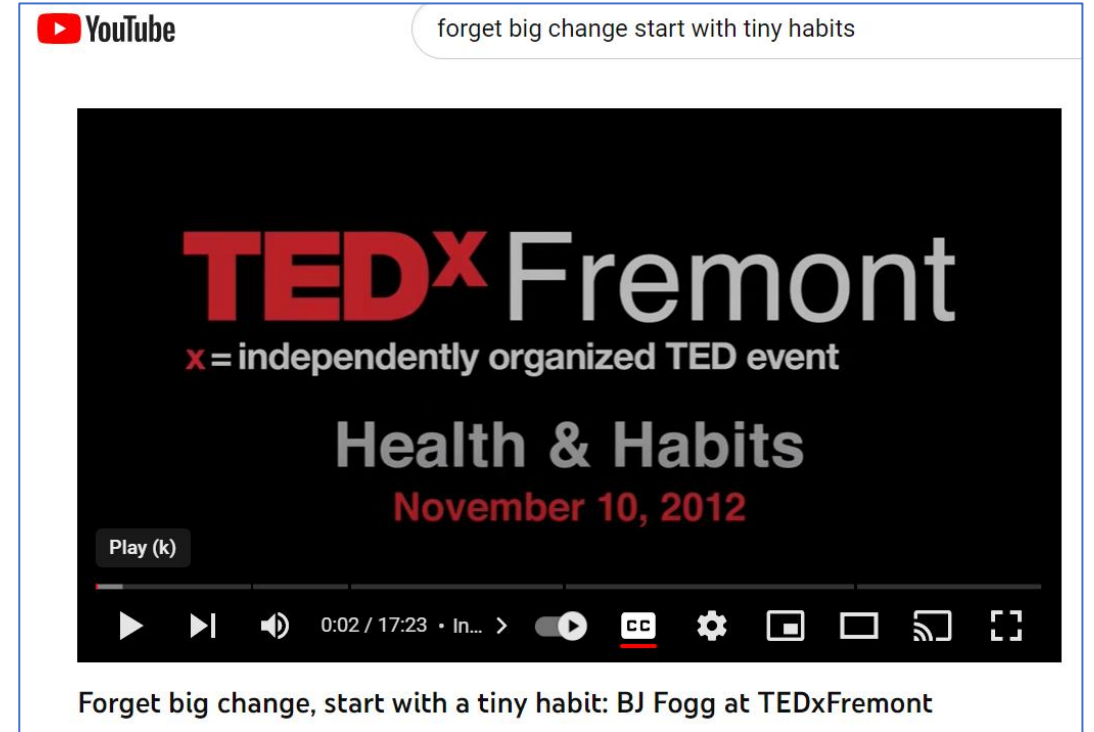
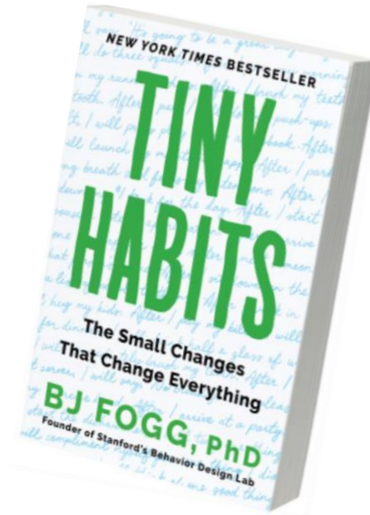
## Mind Body/ Flexibility

- ✓ Helps maintain/improve Range of Movement (ROM)
- ✓ Can help improve posture, balance, joint position sense (proprioception)
- ✓ Assist with stress management, emotion regulation, and mood

# Tiny Habits

## Why do They Work

- Tiny Habits take 30 seconds or less....
- Are anchored to something you do daily
- Ridiculously easy



<https://www.youtube.com/watch?v=AdKUJxjn-R8>



# Make a Plan... Step by Step





#### Mindfulness

Mindfulness Programs  
Mindful Living Practice  
Mindful Mamas Practice  
Mind Over Cancer  
Mindfulness Coaching

Weight Loss

Fitness

Healthy Nutrition

#### 4 Busy Families

Virtual Bites  
Exercise Videos  
Healthy Habits Workshops

## Connect With Positive Choice.org

- Biofeedback (no fee with physician referral)
- Healthy Balance 16-session Healthy Lifestyle Program (no fee)
- Exercise videos for those with limited movement



# Exercise and Arthritis

- ✓ [https://www.exerciseismedicine.org/assets/page\\_documents/EIM%20Rx%20series\\_Exercising%20with%20Rheumatoid%20Arthritis.pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercising%20with%20Rheumatoid%20Arthritis.pdf)
- ✓ [https://www.exerciseismedicine.org/assets/page\\_documents/EIM%20Rx%20series\\_Exercising%20with%20Osteoarthritis.pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercising%20with%20Osteoarthritis.pdf)
- ✓ <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/exercise-how-much-is-enough>
- ✓ <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Living-Well-with-Rheumatic-Disease/Exercise-and-Arthritis>
- ✓ <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/14-ways-to-work-out-with-arthritis>
- ✓ [https://journals.lww.com/acsm-healthfitness/fulltext/2012/02000/exercise\\_and\\_arthritis\\_guidelines\\_for\\_the\\_fitness.6.aspx](https://journals.lww.com/acsm-healthfitness/fulltext/2012/02000/exercise_and_arthritis_guidelines_for_the_fitness.6.aspx)
- ✓ <https://www.health.harvard.edu/pain/4-ways-exercise-helps-arthritis>

# Resources

- ✓ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4945585/>
- ✓
- ✓ [https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#TOC\\_TITLE\\_HDR\\_3](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#TOC_TITLE_HDR_3)
- ✓ <https://www.nccih.nih.gov/health/glucosamine-and-chondroitin-for-osteoarthritis>
- ✓ <https://www.keckmedicine.org/blog/could-more-vitamin-d-help-relieve-your-rheumatoid-arthritis/#:~:text=Upping%20your%20vitamin%20D%20intake,adults%20and%20rickets%20in%20children.>