



## Lucille Rose Manor Cooking Workshops

### Healthy Senior Living

#### Workshop #3: Foods to avoid with Arthritis



*Arthritis is a general term encompassing conditions that share joint pain and inflammation. Typical treatment involves pain-reducing medication. While there is no definitive arthritis diet, research suggests including anti-inflammatory foods in your diet and limiting foods that may trigger joint pain.*









#### Fried & Processed Foods

Researchers at the Mount Sinai School of Medicine examined disease prevention through diet. Findings showed that "cutting back on the consumption of fried and processed foods, such as fried meats and prepared frozen meals, can reduce inflammation and actually help restore the body's natural defenses."

**What you can do:** Cut down on the amount of fried and processed foods you consume, and include more vegetables and fruits in your diet.

#### Lower Your AGEs

AGE doesn't refer to how many birthdays you've celebrated. An advanced glycation end product (AGE), is *a toxin that appears when foods are heated, grilled, fried, or pasteurized.* AGEs damage certain proteins in the body, and the body tries to break these AGEs apart by using cytokines, which are inflammatory messengers. Depending on where the AGEs occur, they may result in arthritis or other forms of inflammation.

Good vs. Bad Carbs	
Good	Bad
 non-starchy vegetables	 soda
 starchy vegetables	 white pasta
 fruits	 white rice
 greens	 sugary cereal

fibrous fruits & veggies > white foods (flour, rice, sugar)

**What you can do:** A 2009 study found that reducing the amount of foods cooked at high temperatures in your diet could potentially help reduce blood AGE levels.



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### **Sugars & Refined Carbs**

High amounts of sugar in the diet result in an increase in AGEs, can result in inflammation.

**What you can do:** Cut out candies, processed foods, white flour baked goods, and sodas to reduce your arthritis pain.

### **Dairy Products**

Dairy products may contribute to arthritis pain due to the type of protein they contain. According to the Physicians Committee for Responsible Medicine, for some people this protein may irritate the tissue around the joints. Some sufferers of arthritis pain have success switching to a vegan diet—which contains no animal products whatsoever.

**What you can do:** Rather than getting protein from meat and dairy, get the bulk of your protein sources from vegetables like spinach, nut butters, tofu, beans, lentils, and quinoa.

### **Alcohol & Tobacco**

Tobacco and alcohol use can lead to a number of health problems, including some that may affect your joints. Smokers are more at risk for developing rheumatoid arthritis, while those who consume alcohol have a higher risk for developing gout.

**What you can do:** Healthy joints require a balanced diet, physical activity, and an adequate amount of rest—all of which can be compromised by alcohol



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and tobacco use. Cut back on drinking and smoking and ramp up your eating habits with healthy choices, regular exercise, and good quality sleep.

#### Salt & Preservatives

Know what's in your food. Many foods contain excessive salt and other preservatives to promote longer shelf lives. For some people, excess consumption of salt may result in inflammation of the joints. It may be worth trying to reduce your salt intake to as modest an amount as is reasonable.



**What you can do:** Read the label to avoid preservatives and additives. Less salt may help you manage your arthritis, so avoid prepared meals. Though they're convenient, microwavable meals are often very high in sodium.

#### Corn Oil

Many baked goods and snacks contain corn or other oils high in omega-6 fatty acids. While these treats may satisfy your taste buds, they may trigger inflammation. Some studies have looked at the pain-relieving effects of omega-3s on individuals with rheumatoid arthritis, and have found that fish oil, which contains omega-3s, may help with joint pain relief in certain people.

**What you can do:** Replace foods containing omega-6 fatty acids with healthy, anti-inflammatory omega-3 alternatives such as olive oil, nuts, flax seeds, and pumpkin seeds.

#### More Arthritis Diet Tips



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There is no established arthritis diet plan. What works for one person may not work for someone else. Trial and error will determine which foods you need to eliminate. In general, experts advise arthritis patients to maintain a healthy body weight and eat a balanced diet.

#### **Apple Salad with Walnuts and Sweet Spiced Cider Vinaigrette**

- 2 heads frisee, chopped into bite-size pieces
- 4 cups wild arugula
- 1 cup walnuts
- 2 large apples, sliced thin

In a large bowl, add the frisee, arugula, walnuts and the sliced apples, and drizzle lightly with the vinaigrette.

#### **Spiced Cider Vinaigrette**

- ¼ cup plus 2 tablespoons apple cider vinegar
- 2 ½ tablespoons honey
- 2 tablespoons walnuts, lightly chopped (you can use candied or plain)
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- ¼ teaspoon plus a pinch salt
- Pinch cumin
- Pinch curry powder
- ½ cup plus 2 tablespoons olive oil



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Add all ingredients through the curry powder into the bowl of a food processor, and process until everything is well combined and smooth; with the processor running, slowly drizzle in the oil and continue to process until the vinaigrette is well emulsified and blended.

#### **Coconut Milk Chocolate Mousse**

- 1 14-ounce can of full fat coconut milk
  - $\frac{1}{4}$  cup Dutch cocoa powder
  - $\frac{1}{2}$  teaspoon vanilla extract
  - Drizzle of agave nectar or honey
1. Put the unopened can of coconut milk in the coldest part of your refrigerator overnight. (The coconut milk must be very cold for this to work properly.)
  2. The next day, take the can out of the fridge and gently open it before it warms to room temperature. Do not shake the can. You'll see the white, thick coconut cream at the top. The coconut water will be underneath the coconut cream at the bottom of the can. Don't use the coconut water in this recipe. Gently lift the coconut cream out of the can, being careful to leave the coconut water behind.
  3. Put the coconut cream in a large bowl. Add the vanilla extract. Beat with an electric mixer until it starts to whip-up and increase in volume. Drizzle a little agave nectar or honey and whip some more.
  4. Fold in the cocoa powder with a spatula until it's well incorporated. Taste, stir in a little bit more agave to sweeten if necessary. Beat some more until it's fluffy and whipped.
  5. Serve with shredded coconut, ground cinnamon, ground red chili pepper, ground cardamom, chopped nuts or berries.



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**Curried Lentil Soup with Coconut and Quinoa**

- 1 tbsp coconut oil
  - 1 large red onion, diced
  - 2 cloves garlic, chopped finely
  - 1 tbsp ginger root, chopped finely
  - 2 tbsp tomato paste
  - 2 tbsp curry powder
  - ½ tsp chili flakes
  - 4 cups vegetable broth
  - 1 cup coconut milk
  - 1 cup diced fresh tomatoes
  - 1 ½ cup dry lentils
  - 1 cup dry quinoa
  - 3 handfuls chopped spinach or kale
  - pepper and salt to taste
  - chopped fresh cilantro to garnish
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1. In a saucepan, heat coconut oil over medium heat and sauté the onion, garlic and ginger.
  2. Add tomato paste, curry powder and chilli flakes, cook for about 2 minutes
  3. Add coconut milk, vegetable broth, tomatoes and lentils, Cover and bring to a boil, then simmer on low heat for 20 minutes. Season with salt and pepper.
  4. Rinse the quinoa well and place it in a separate saucepan. Add a cup of water, cover and allow quinoa to simmer 10 – 15 minutes.
  5. Remove the lentil soup from heat and stir in greens and allow to wilt. Add quinoa to the soup and stir well.
  6. Garnish with fresh, chopped cilantro.