



Arthritis Talks: Anti-inflammatory, arthritis-friendly eating

Cristina Montoya
Registered Dietitian
Ontario

June 27, 2022

Presenters



Dr. Siân Bevan

Chief Science Officer
Arthritis Society
(Moderator)



Cristina Montoya

Registered Dietitian
Ontario

Webinar tips

- ▼ Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- ▼ Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- ▼ If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A floating window on the right side is titled 'Q&A' and contains the text: 'Welcome to Q&A. Questions you ask will show up here. Only host and panelists will be able to see all questions.' Below this text is a text input field with the placeholder 'Type your question here...'. A blue callout box at the top right points to a red icon in the floating window with the text 'Click on the red icon to exit out of the Q&A or Chat'. A blue callout box at the bottom left points to the 'Audio Setting' button with the text 'Click here to access your audio settings'. A blue callout box at the bottom right points to the 'Chat' button with the text 'Click here to chat or to submit a question'.

Overview

[1]

Your relationship with food



[2]

Practical anti-inflammatory eating



[3]

Q&A



With thanks to our partners

Series Sponsors

Diamond Sponsor:



Gold Sponsor:



Bronze Sponsors:



Friend Sponsor:



Q

What are your first recommendations about eating to people living with arthritis?

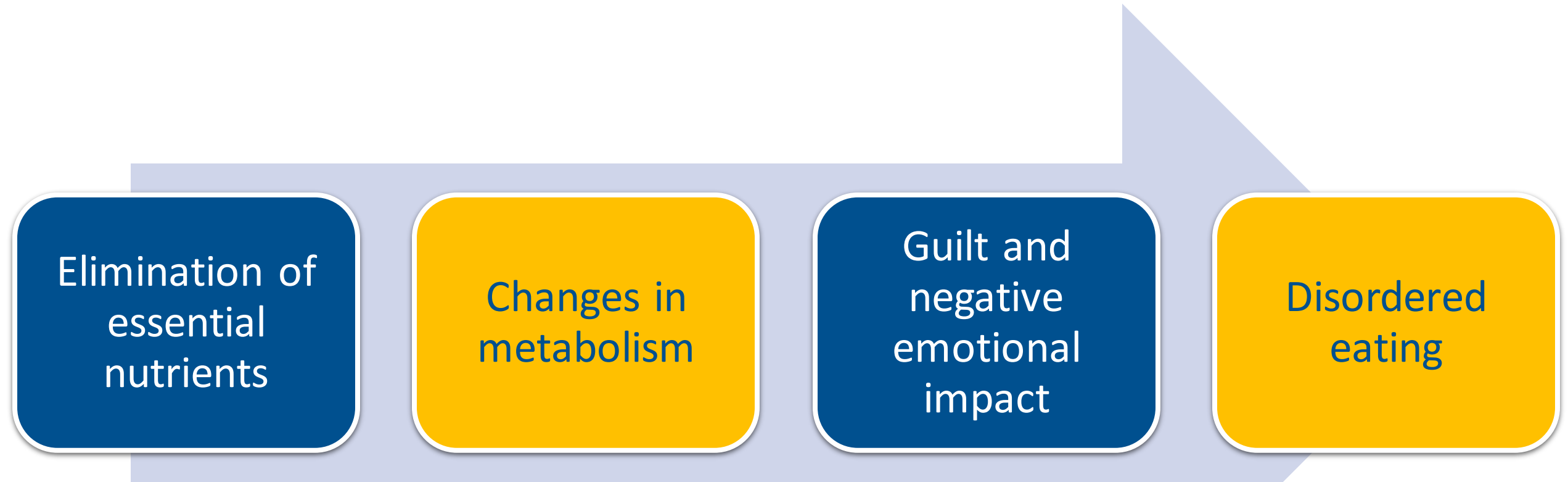




Start healing your relationship with food.

Break free from diet culture.

The impact of restrictive diets and weight cycling



What type of eater are you?

[1]

The careful, clean eater



[2]

The professional dieter



[3]

The unconscious eater



What is intuitive eating?

[1]

WHAT are you eating?

[2]

WHY are you eating?

[3]

HOW does it make you feel?



"I am now asking myself,
***"How will this food make me feel?
Is it good fuel for my body?"***
before eating something, which is
WAY better than the
good vs. bad mentality!"

- Person living with ankylosing spondylitis

"I am way more in tune with my body.
I recognize how certain foods make me feel
both in the short and long term.
***I keep reminding myself that it's a
marathon, not a sprint.***"

- Person living with Sjögren's syndrome



What is anti-inflammatory nutrition?



What is anti-inflammatory nutrition?



An **anti-inflammatory way of eating** incorporates and combines anti-inflammatory ingredients that **work better than single nutrients or foods.** They are suggested to modulate pro-inflammatory pathways.

Are there any foods that cause inflammation?



↑ Trans-fats
ω-6 fatty acids
Certain Vegetable oils

↑ Red meats
AGEs
Advanced Glycation End Products

↑ Salt
Processed foods
Refined sugars

↓ Fibre
ω-3:ω-6
Antioxidants

↑ Fatigue
Central obesity
Inflammatory substances

Anti-inflammatory eating guidelines

1. More plant foods (including plant-based protein)
2. Support your gut microbiome: prebiotics, resistant starches, fermented foods
3. Whole grains
4. Nuts and seeds
5. Low glycemic index (GI) foods
6. Omega-3 polyunsaturated fatty acids
7. More flavour with herbs and spices
8. Stay hydrated: water, green tea
9. Less red meats
10. **Mindful and intuitive eating**



Chickpea and spinach bowl

Choose foods with a low and medium glycemic index more often

The glycemic index (GI) is a scale that ranks a carbohydrate-containing food or drink by how much it raises blood sugar levels after it is eaten or drunk. Foods with a high GI increase blood sugar higher and faster than foods with a low GI*.



Carrots, raw
Cassava, boiled
Sweet potatoes, parsnips
Other: green plantains, green bananas, boiled



Beets
Carrots, boiled
Potatoes (red, white), cooled
Other: ripe plantains, boiled



Overripe bananas
Watermelon

Source: Glycemic Index Research and News
*Diabetes.ca

Q

What are the simplest things I can do to make eating well easier?



Anti-inflammatory meal prep basics

1. **KISS:** Keep Ingredients Simple Simple
2. **Keep** convenience foods handy
3. **Batch cook** at least once a week. Plan for leftovers.
4. **Meal prep** within your schedule
5. Meal prep for **one meal** or **snack** at a time
6. **Make it a family event!**



See also: [Anti-inflammatory meal prep for beginners](#)

Is it possible to eat anti-inflammatory foods on a budget?

- ▼ Use up foods that you already have on hand.
- ▼ Look for sales and grocery store member discounts.
- ▼ Make a grocery list and stick to it.
- ▼ Frozen vegetables and fruits can be less expensive than fresh.
- ▼ Buy canned vegetables. Drain and rinse to wash away salt.
- ▼ If you buy canned fruit, choose those packed in water. Rinse before eating.
- ▼ Stock up on dry or canned beans, peas, and lentils.
- ▼ Buy fresh fruits and vegetables in season (FoodlandOntario).
- ▼ Find out about food buying club in your area (foodshare.net).
- ▼ Join local community gardens.
- ▼ Shop at local farmer's markets.
- ▼ Fish or hunt for food. Game meats are healthy choices too *

Vegetables

- ▼ Garlic, onion, chives, green onions
- ▼ **Cruciferous vegetables:** Bok choy, broccoli, brussels sprouts, cabbage, cauliflower, kale, collard greens
- ▼ Dark green leafy vegetables
- ▼ Root vegetables
- ▼ Asparagus
- ▼ Artichoke
- ▼ Fermented vegetables



Should you fight or flight
from nightshades?

Fruits

- ▼ Apple
- ▼ Apricot
- ▼ Banana (green, unripe)
- ▼ Blueberries
- ▼ Blackberries
- ▼ Cantaloupe
- ▼ Clementine
- ▼ Cranberries, raw
- ▼ Grapefruit
- ▼ Honeydew melon
- ▼ Mandarin
- ▼ Mango
- ▼ Nectarine
- ▼ Orange
- ▼ Peach
- ▼ Pear
- ▼ Plum
- ▼ Pomegranate
- ▼ Prunes
- ▼ Raspberries
- ▼ Rhubarb
- ▼ Strawberries



HEALTHY EATING

Lime whipped yogurt with berries and pistachios

A whipped yogurt cup is the perfect treat to end your meal. It is sweet, creamy and packs a crunch, thanks to the pistachios!



Whole grains

All-Bran cereal, pot barley, buckwheat, couscous, 12-grain bread, maize/corn, oats, whole wheat, wild rice



Brown rice, polenta, cornmeal, pumpnickel bread, quinoa, parboiled rice, roti, spelt wheat bread, Teff (pseudo-grain), white rice



Amaranth, millet, sorghum

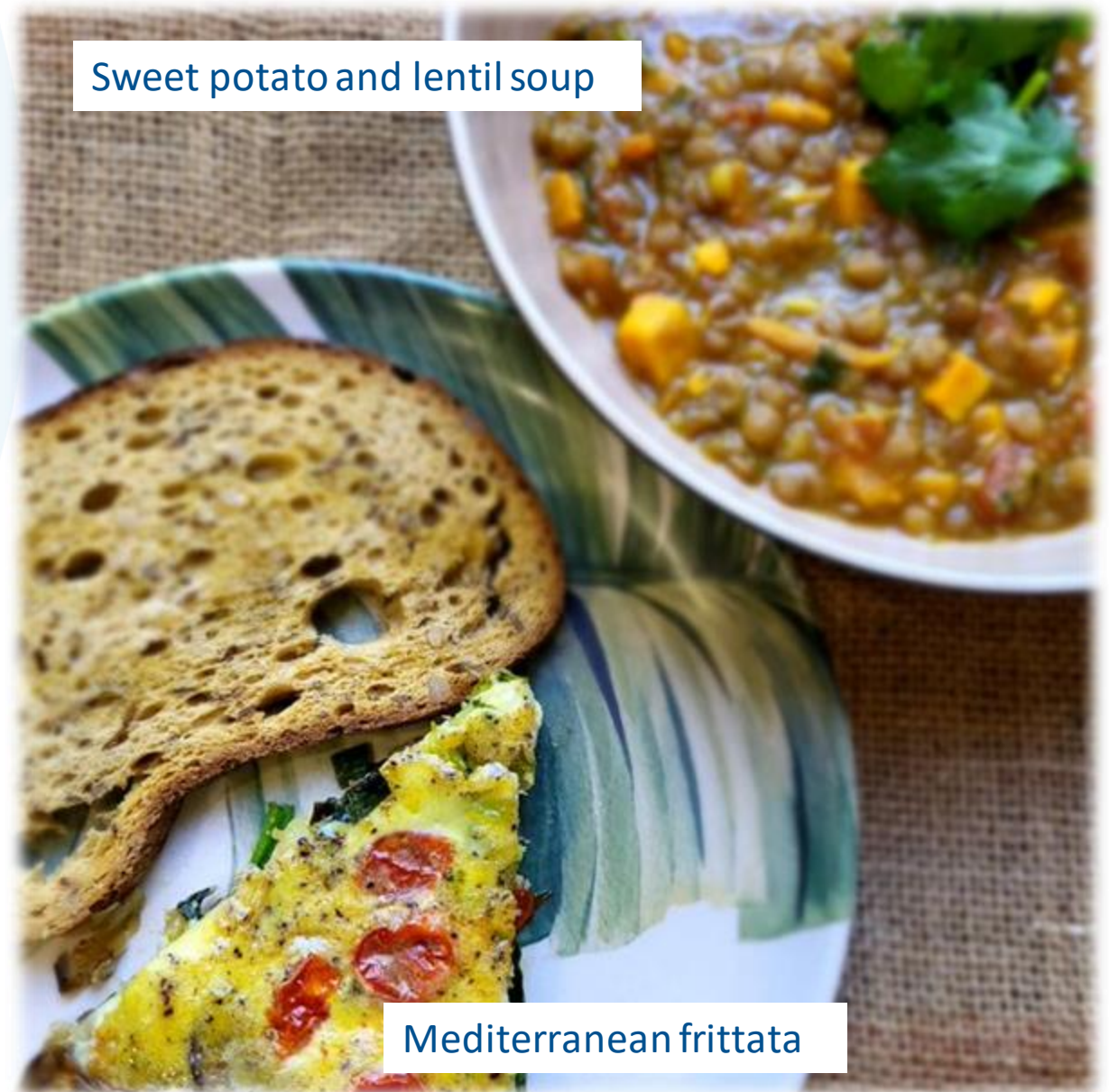


Legumes, seeds and nuts

- ▼ Beans, chickpeas, lentils, soybeans
- ▼ Soy: tempeh, tofu, edamame
- ▼ Chia, flaxseeds, hemp, pumpkin seeds
- ▼ Walnuts, almonds, cashews

Other Proteins

- ▼ Eggs
- ▼ Fatty fish: salmon, mackerel, sardines
- ▼ Lean meats, skinless poultry
- ▼ Fermented dairy: yogurt, cheese



Sweet potato and lentil soup

Mediterranean frittata

Healthy fats

Extra-virgin olive oil (EVOO)

- ▼ Naturally extracted by first pressing or "cold-pressed"
- ▼ **Strong** flavour
- ▼ Polyphenols and antioxidants, unsaturated fatty acids

Great for drizzling on salads, veggies or bread, dipping, vinaigrettes, marinades



Classic or regular olive oil

- ▼ Also called "basic" or "pure" olive oil. A mix of EVOO and refined olive oil.
- ▼ **Mild** flavour
- ▼ Works for everyday cooking

Great for grilling, sautéing, roasting, baking, pan frying

Herbs and Spices

Herbs

- ▼ Basil
- ▼ Chives
- ▼ Cilantro
- ▼ Dill
- ▼ Ginter root
- ▼ Mint
- ▼ Parsley
- ▼ Rosemary
- ▼ Sage
- ▼ Turmeric root



Spices

- ▼ Allspice
- ▼ Black pepper
- ▼ Cardamom
- ▼ Cayenne pepper powder
- ▼ Cinnamon
- ▼ Cloves
- ▼ Cumin seeds or powder
- ▼ Dried oregano
- ▼ Dried parsley
- ▼ Dried rosemary
- ▼ Dried thyme
- ▼ Garlic
- ▼ Ginger
- ▼ Ginger powder
- ▼ Peppercorns
- ▼ Nutmeg
- ▼ Saffron
- ▼ Turmeric/curcumin

Stay hydrated

[1]
Water



[2]
Green tea



[3]
Coffee and red wine (limit)



Don't forget the snacks!

[1]
Whole grains



1/2 cup whole grain cereal



1 slice whole grain bread

[2]
Protein, fats
seeds and nuts



1/2 cup Greek Yogurt



3 Tbsp guacamole

[3]
Fruits and vegetables



1/2 cup strawberries



1 sliced hard-boiled egg

Tips for success

- ▼ Follow the 1+2+3 formula
- ▼ Plan your snacks
- ▼ Be prepared
- ▼ Be mindful
- ▼ Honour your hunger

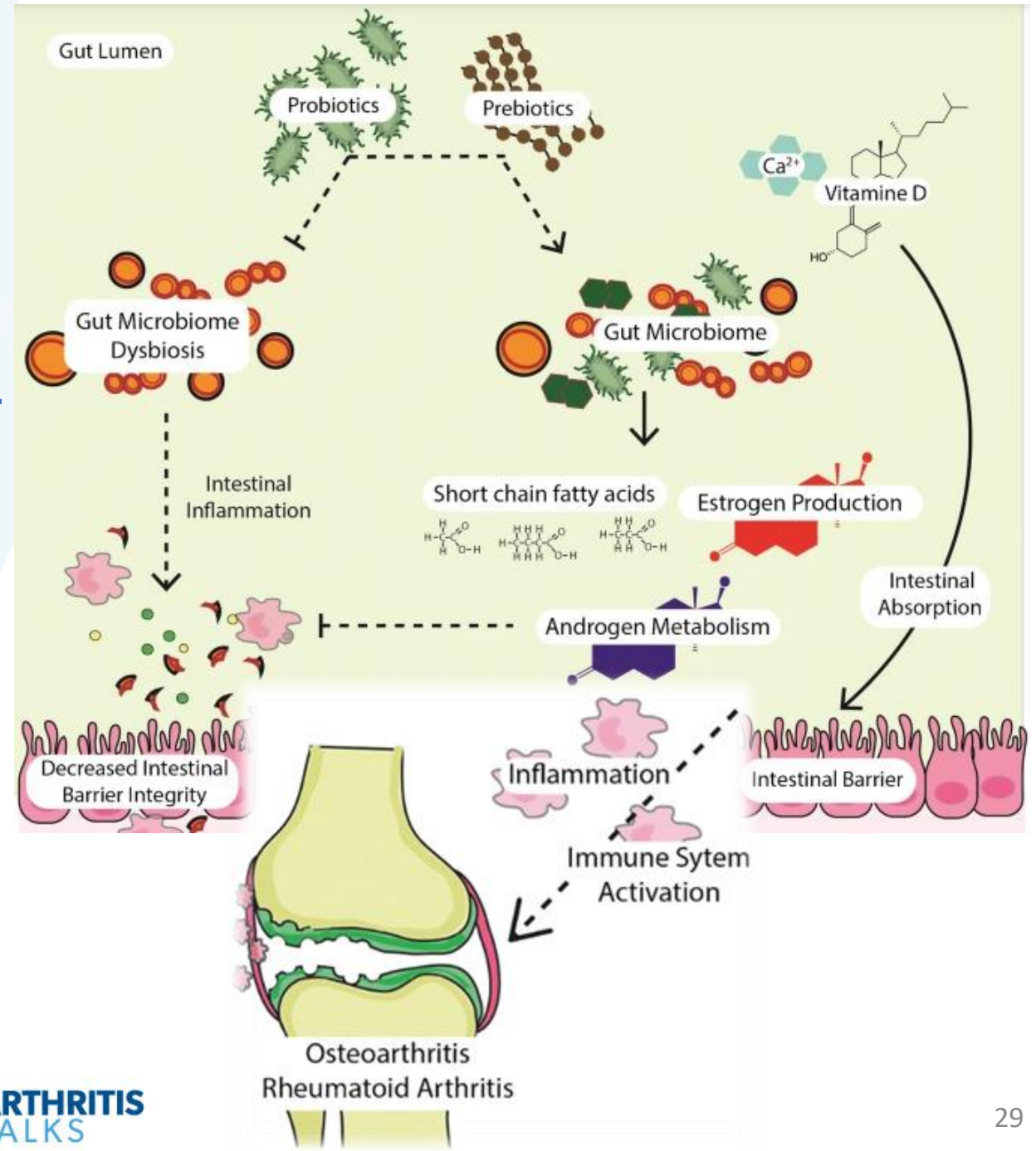
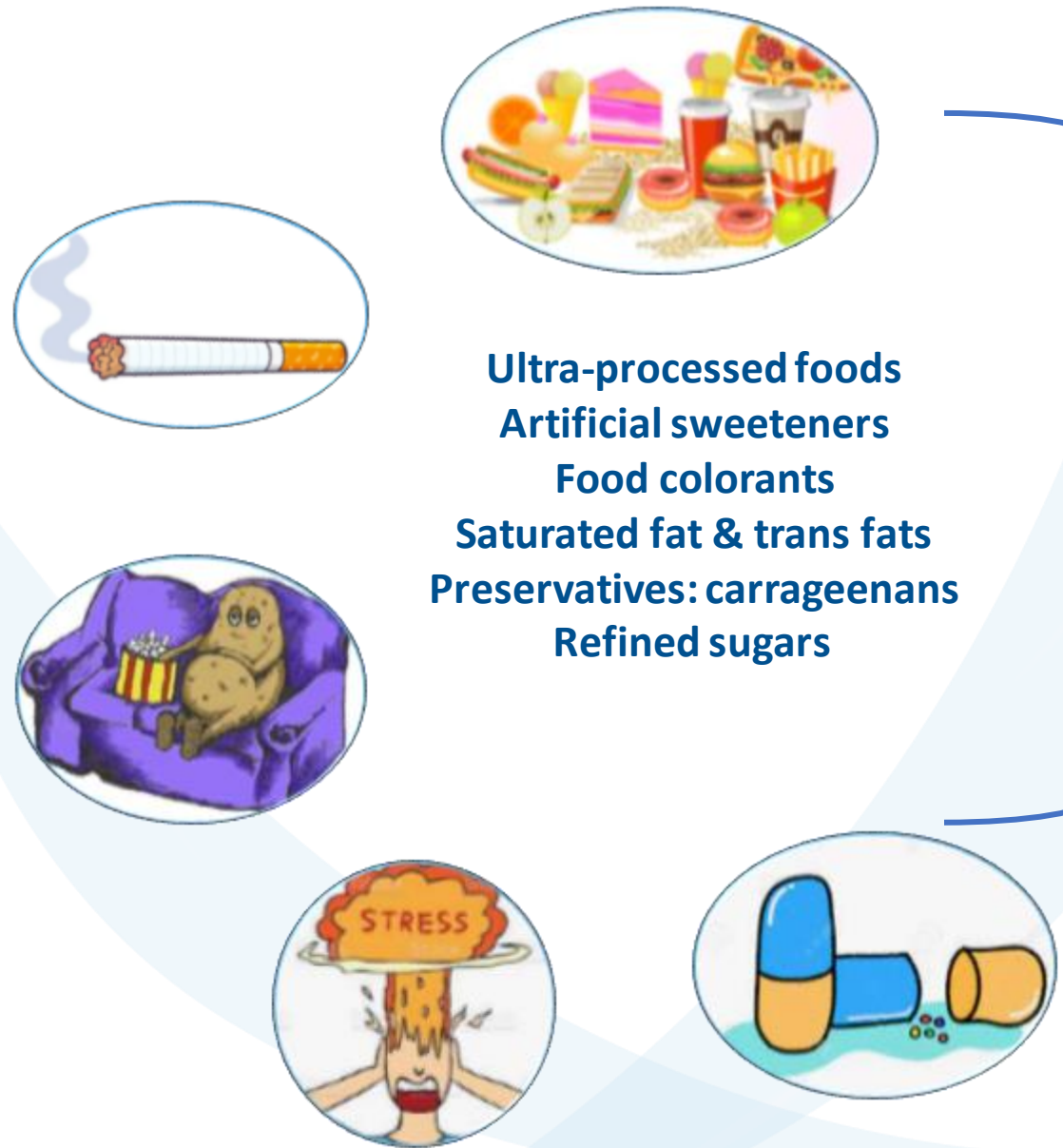


Q

How important is a healthy gut to your overall health?



The gut-joint axis



Support your gut microbiome

[1]

**Prebiotics +
resistant starches**



[2]

**Foods containing
live bacteria**



[3]

**Probiotics as
appropriate**



Support your gut microbiome

[1]

Prebiotics and resistant starches



Prebiotics are the food for probiotics.

Artichokes, garlic, onion, leek, shallots, cabbage, chickpeas, lentils, red kidney beans, soybeans, nectarines, **watermelon**, pomegranate, dates, figs, **barley, rye, wheat**, oats, cashews and pistachios.

Resistant starches are carbohydrates that resist digestion in the small intestine but can be fermented by your gut bacteria.

Support your gut microbiome

[2]

Foods containing live bacteria



Fermented foods and beverages contain live bacteria and provide gut health benefits.

Sauerkraut, kimchi, kefir, kombucha, miso, tempeh, yogurt

Support your gut microbiome

Probiotics are bacteria that, when consumed in the proper amount, can provide health benefits. We can't digest prebiotics, but probiotics can, which produces health benefits.

Probiotics containing strains such as **lactobacillus and bifidobacterium** are beneficial for gut health

[3]

Probiotics as appropriate



[Gut microbiota for health](#)

Q

What are some of your favourite recipes to help manage arthritis?



Colombian beet salad

Anti-inflammatory meal plan sample

Meal/Snack	Day 1	Day 2
Breakfast	Edamame and Avocado Spread ½ cup of berries	Crispy Quinoa Breakfast Bowl ½ cut up fruit
A.M. snack (optional)	Raspberry Chocolate Chia Seed Pudding	Hemp and Walnut Energy Bites
Lunch	Plant-Based Pasta Salad	*Salmon sandwich with leftover crusted salmon. Leftover Mediterranean salad
P.M. snack	Celery and almond butter	¼ cup mixed nuts ½ cup Greek yogurt 1 teaspoon maple syrup
Dinner	Flaxseed-Crusted Salmon Mediterranean salad with cubed cucumbers, cherry tomatoes, avocado and kalamata olives	Turmeric-Infused Beef and Barley Soup Tangy Broccoli, Grape & Walnut Salad
Dessert	Fruit or ½ cup Plant-based Arroz con Leche	Fresh fruit or Plant-based Arroz con Leche

Recipe inspiration



HEALTHY EATING

Whole grain breakfast power bowl

Whole grain breakfast power bowl with oats, seeds and fruit.



HEALTHY EATING

Lime whipped yogurt with berries and pistachios

A whipped yogurt cup is the perfect treat to end your meal. It is sweet, creamy and packs a crunch, thanks to the pistachios!



HEALTHY EATING

Smoky Cumin Lentil Dip

Prepare to wow with this aromatic, smoky and delicious lentil dip.



HEALTHY EATING

Thai Butternut Squash and Coconut Soup

Butternut squash is a winter squash that has an amazing flavour profile with a sweet and nutty taste.



HEALTHY EATING

Tangy Broccoli, Grape & Walnut Salad

This salad is full of crunch and flavour and will keep you coming back for more.

Anti-inflammatory golden milk



Prep Time: 5 minutes
Cook Time: 7 minutes
Total Time: 12 minutes
Serving size: 1 Cup

You need:

- 2 cups coconut milk (Silk)
- 2 tbsp pure maple syrup
- 2 teaspoons ground turmeric
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon powder
- 1/2 tsp vanilla extract
- 1/2 tsp ground black pepper

Instructions

1. In a medium saucepan over medium heat, add all ingredients.
2. Bring to boil; stir sparingly. Allow boiling for about one minute.
3. Turn the heat to low and allow the golden milk to simmer for 10 minutes.



What's new in research about arthritis and nutrition?



Anti-inflammatory diets for people with rheumatoid arthritis

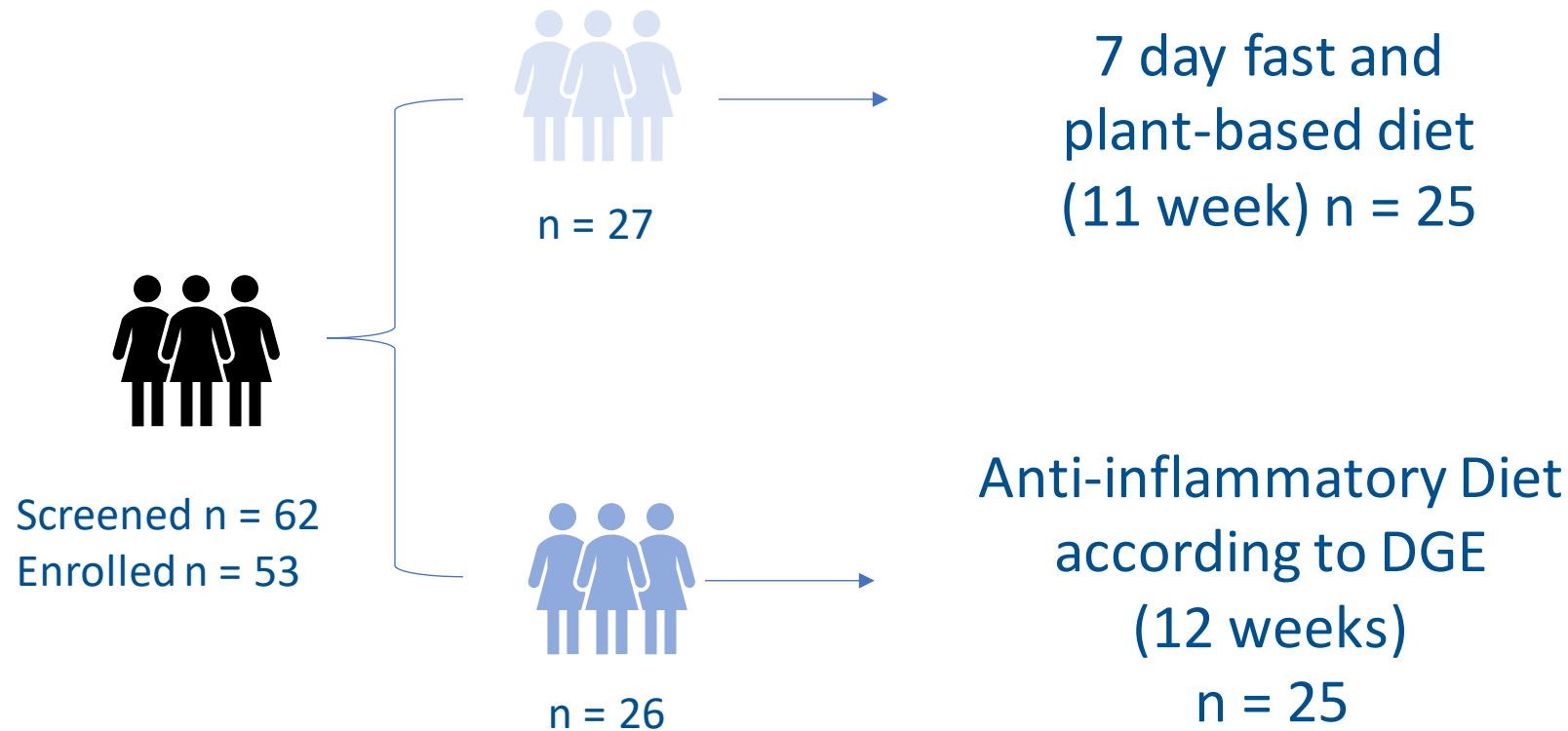
The ITIS Diet Improves Fatigue in Patients with RA and is Associated with Changes in Metabolome and Fecal Microbiome.

Coras R, et al. ACR Convergence 2021. Poster.

Anti-inflammatory Diet in RA (ADIRA) – a randomized controlled crossover trial.

Vadell AKE, et al. *Am J Clin Nutr.* 2020;111(6):1203-1213

RA benefits from fasting and plant-based diet: an exploratory randomized controlled trial (NutriFAst)



Results:

“Fasting followed by a plant-based diet positively impacts disease activity and CV risk factors in RA, comparable to and no lesser than those of an anti-inflammatory diet according to the DGE (German Society of Nutrition).”

Hartmann A.M, et al. EULAR 2022. **POS0583**

Any final thoughts or recommendations?



Take-home messages

- ▼ Dish the diet mentality
- ▼ Elimination diets should be temporary and with guidance
- ▼ Add vs. eliminate foods. Keep a food journal.
- ▼ Make small and attainable changes
- ▼ Try a new food, recipe or ingredient every week
- ▼ Eat 30 different plant-based foods every week
- ▼ Try the **5S's of mindful eating** by Dr. Susan Albers: **Sit Down, Slowly Chew, Savour, Simplify, Smile**
- ▼ Stay hydrated, hunger is often mistaken for thirst
- ▼ Move your way

Questions



Tell us what you think...



