

Foods that fight inflammation.

No one food can relieve arthritis, but eating or avoiding certain foods can help combat inflammation throughout the body.

What to eat:

Omega-3 fatty acids from cold water fish such as salmon and tuna.

Beans.

Flaxseeds.

Walnuts.

Green leafy vegetables.

Canola and olive oil.

Green tea.

Margarine and butter.

Grapes and red wine (1 glass).

What to limit:

Omega 6 fatty acids from egg yolks and red meat.

French fries and other fried foods.

Packaged cookies, crackers, baked goods, processed meats and other processed sugary foods.

Fruit juice.

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