

# Download The Arthritis Diet How To Eat With Arthritis

Diet can play a big role in your life with arthritis. By focusing on a diet rich in anti-inflammatory foods and knowing what foods to avoid, you may see great improvement in your pain and inflammation levels. Mediterranean Diet to Prevent Arthritis Looking for the right arthritis diet plan? You may want to try the Mediterranean Diet which includes some of the best arthritis foods to eat to ensure you are pain-free. The Arthritis Diet. A smart arthritis diet should be full of anti-inflammatory foods. Here are the top foods you should consume. 1. Omega-3 Foods Numerous scientific studies demonstrate that dietary omega-3 fatty acids can help to reduce inflammation in the body. Wild-caught fish, including benefit-packed salmon, is your No. 1 food of choice. After that, grass-fed beef, flaxseeds, chia seeds ... There's an old saying – you are what you eat. But what you drink can have an enormous effect on your body and on your arthritis symptoms. Find out the best beverages for arthritis!