

Living with Arthritis – FOOD LIST

Examples of Healthy Food Options:

- Fish
- Soy Beans
- Oils (Olive, Avocado, Walnut)
- Cherries
- Low-fat Dairy (milk, yogurt, cheese)
- Broccoli
- Green Tea
- Citrus Fruits (Oranges, Grapefruits, Limes)
- Whole Grains (Oatmeal, brown rice, whole-grain cereal)
- Beans (Red beans, Kidney beans, Pinto beans)
- Garlic
- Nuts (Walnuts, Pine nuts, Pistachios, Almonds)

