

Arthritis – Nutrition Advice to Reduce Inflammation, Stiffness, and Pain

Supporting Podcast

- <https://www.podbean.com/ew/pb-52khd-1318d4d>

***Listen to the supporting podcast before reading through the information below**

Macronutrients

- Calories per day = body weight x 10 (as a minimum)
- Protein per day = body weight x 0.6 (as a minimum)
- Liquid per day (fluid ounces) = body weight x 0.5 (as a minimum)

Foods to Avoid/Reduce

- Alcohol
 - Some of the most consumed alcohols include:
 - Beer
 - Spirits – Gin, Rum, Tequila, Vodka, Whiskey
 - Wine
 - Link for more information – [LINK](#)
- High Sodium Foods – [LINK](#)
 - Some of the most consumed high sodium foods include:
 - Breads
 - Packaged Meats
 - Soup
 - Link for more information – [LINK](#)
- Dairy Sugars
 - Some of the most consumed sugar-containing dairy products include:
 - Milk
 - Plain Yogurt
 - Link for more information – [LINK](#)
- Citrus Fruits
 - Some of the most consumed citrus fruits include:
 - Clementines
 - Grapefruit
 - Lemons
 - Oranges
 - Link for more information – [LINK](#)
- Nightshades
 - Some of the most consumed nightshade vegetables include:
 - Eggplants
 - Peppers
 - Potatoes
 - Tomatoes
 - Link for more information – [LINK](#)

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Habitual Advice

- Simplify your nutrition routine by pre-deciding on 2-3 options per meal of the day as “go to’s” for when you’re busy. By already having meal options in mind, you’ll be able to make better choices and/or not miss meals

Additional Helpful Podcasts

- 1232 – Nutrition – Start Here
 - <https://www.podbean.com/ew/pb-g8tgy-11ab473>
- 678 – Nutrition – Quick Meals & Easy Food Prep
 - <https://www.podbean.com/ew/pb-b932b-e3e52e>
- 1368 – Nutrition – How to Choose the Right Foods
 - <https://www.podbean.com/ew/pb-sn52v-1271af9>