

## Mayo Clinic Minute: Fighting arthritis with food

| Video   | Audio  |
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|   | Can avoiding foods like potato chips and pizza help ease your arthritis pain? Maybe.   |
| John Davis, III M.D.<br>Rheumatology<br>Mayo Clinic | “Some foods can increase inflammation levels and contribute to symptoms of arthritis, especially really fatty foods — simple sugars or carbohydrates, lots of salt or salty food.” |
|   | Symptoms that may include swollen and achy joints, discomfort and pain.  |
|   | “Arthritis relates to a diverse set of disorders where there is inflammation that occurs in joints.”   |
|   | Dr. John Davis says while medication may help joint pain, exercise, maintaining a healthy weight and paying attention to the food you eat play important roles.                    |
|   | “Small amounts of weight loss can lead to reductions of just overall inflammation in the body, which can have overall benefits.”   |
|   | Add more fruits and vegetables, healthy fats like olive oil and nuts, whole grains and fish. These foods are thought to reduce inflammation and help with pain.                    |
| 7   | “The Mediterranean diet– or anti-inflammatory diet – are concepts to consider to bring into your own diet if you are suffering from symptoms of arthritis.”                        |
|   | For the Mayo Clinic News Network, I’m Jason Howland  |