

Diet Tips for People with Rheumatoid Arthritis (RA)

Simple and practical advice for Indian patients

1. Eat More Omega-3 Fats - 'Good Fats'

- Eat fish like bangda (mackerel), pedvey (sardines) - 2 times a week
- Include walnuts, flaxseeds (alsi), chia seeds
- Use mustard oil or soybean oil for cooking
- Vegetarians can talk to their doctor about omega-3 supplements.

2. Add Fruits and Vegetables

- Aim for at least 4-5 servings per day
- Include colorful veggies: palak, methi, carrot, pumpkin, tomato, brinjal, papaya
- Fruits like guava, apple, pomegranate, orange

3. Choose Whole Grains

- Whole wheat chapati
- Brown rice
- Millets like ragi, jowar, bajra
- Oats, daliya (broken wheat)

4. Include Plant Proteins

- Dals (toor, moong, masoor), rajma, chana, soybeans, tofu
- Eggs, curd, milk, paneer

5. Reduce Salt

- Use less salt in cooking
- Avoid pickles, papads, namkeen, processed foods

6. Cut Down on Sugar and Fried Foods

- Avoid sweets, cold drinks, bakery foods
- Avoid fried foods like puri, pakora, samosa
- Limit butter, ghee, and vanaspati

7. Maintain a Healthy Weight

- Eat small, balanced meals
- Stay active (ask your doctor what exercises are safe)

8. Take Calcium and Vitamin D

- Eat milk, curd, paneer, ragi, til (sesame)
- Get sunlight regularly
- Take supplements if your doctor advises

9. Foods to Avoid or Limit

- Limit red meat (mutton, beef)
- Avoid alcohol
- Avoid food fads and extreme diets - eat balanced, homemade food

Final Advice

- Eat local, seasonal, and simple food
- Prefer home-cooked meals
- Drink plenty of water
- Follow doctor and dietitian advice

Ask your doctor or dietitian if you need a personalized diet plan. This diet supports joint health along with your medications.