



Making Healthy Choices

Maintaining a healthy weight begins with understanding what you can eat and drink, especially when you have arthritis.

**DID YOU KNOW:
IF YOU'RE OVERWEIGHT,
APPROXIMATELY FOUR
POUNDS OF STRESS IS
REMOVED FROM THE KNEE
FOR EVERY POUND LOST.**

Keep the following tips in mind when you are planning your meals:

<p>Make half your plate fruits and vegetables</p> 	<p>Enjoy your food, but eat less</p>	 <p>Make at least half your grains whole</p>
<p>Drink skim or 1% milk</p> 	<p>Vary your protein food choices</p> 	<p>Drink water instead of sugary drinks</p> 



5 Ways to Make Cooking Easier

Preparing a healthy, nutritious meal is important, but cooking can be daunting when your knees are aching or your fingers are stiff. Try these shortcuts to help make cooking with arthritis easier.



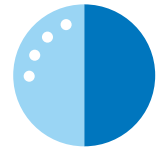
Batch Cook

Prepare 2 or more chicken breasts at a time and refrigerate the leftovers to use in salads or sandwiches the next day.



Have a Seat

Instead of standing at your counter or stovetop, pull up a high barstool and sit down to chop, mix, or stir.



Cook it quick

Microwave frozen vegetables or leftovers quickly, without adding fats or depleting nutrients. Using a microwave oven on the countertop eliminates stretching or stooping to cook.



Stock the Slow Cooker

Place meat or poultry, pre-sliced vegetables, spices, and liquid in a slow cooker, turn it on, and hours later, enjoy a hot cooked meal. And there's only 1 pot to wash.



Easier Grip

Use kitchen or cooking utensils with padded handles or grips.

Balanced Meals

Having a balanced meal means having the right proportion of fruits, vegetables, grains, proteins, and dairy on your plate. The diagram above can help you visualize a healthy balance of these 5 main food groups.

Copyright © 2012 Arthritis Foundation. All Rights Reserved. For more information on this topic, visit www.arthritis.org.