

10 Foods to Cut Out to Prevent and Treat Arthritis



Introduction

If you have arthritis, then you may be looking for some of the best **home remedies for arthritis**.

Learning some of the best exercises and considering the [best joint pain supplements](#) will help you manage your pain. This, in turn, will allow you to get back to living your best life and let you do the things you enjoy again.

Trying things like **essential oils for arthritis** may also be beneficial.

Also, it's not just about making sure that you're putting the right foods into your body. There are also some foods that you should be avoiding.

Read on to learn more about what you definitely shouldn't be putting into your body if you have arthritis.

What Exactly Is Arthritis and What Are the Causes?

The term arthritis refers to a range of conditions. There are several different types, including rheumatoid arthritis and osteoarthritis.

What arthritis refers to, in general, is inflammation of the joints in your body. This inflammation can cause pain and stiffness. Further, arthritis can be caused by aging, infection, or injury.

Arthritis Remedies

Exercise

If you have arthritis, then performing exercises that build strength in your joints will help protect them from further damage. Exercise is one of the best **joint pain treatments**.

Try Supplements

There are lots of supplements available on the market. Do your research and look into the **best joint pain supplements** available.

Something like Arthrozene may be beneficial. Arthrozene Reviews are generally positive and show that this may be helpful for those looking to reduce joint pain.

Try Essential Oils

Some oils may help those struggling with arthritis. [Essential oils for arthritis](#) include eucalyptus, lavender, evening primrose, and turmeric.

Eat Right

Just like there are foods you should avoid, there are also foods that you should aim to include in your daily diet. Look

for edibles that contain antioxidants, like blueberries, and protein-based foods, like fish and lentils. A healthy diet is one of the best **home remedies for arthritis**.

10 Foods to Avoid If You Have Arthritis

1. You can include salt in your diet. While salt is an important mineral, too much of it can exacerbate your symptoms and even [increase your risk](#) of developing rheumatoid arthritis if it's not something you already struggle with.

Look for low-sodium foods and make sure that there's no salt added. And don't worry, there are still plenty of spices and herbs that you can use to add a little flavor to your meals.

2. **Fried Foods.** As delicious as they are, you're going to want to be careful around any types of fried foods. Generally, they are dredged in oils that are high in saturated fats. These fats can trigger inflammation, so it's best to avoid them. Also, many fried foods contain other ingredients that might lead to inflammation. These include bread, salt, and sugar.

3. Soda is chock-full of sugar, which can be a huge trigger for inflammation. [Studies](#) posit that drinking soda can trigger rheumatoid arthritis and inflammation in women. For this reason, it's your safest bet to cut soda out of your diet.

Instead, go for a refreshing glass of water. Water is sugar-free and staying hydrated will help keep your joints lubricated.

4. **Baked Goods.** As sad as it is, you're going to want to decrease the number of baked goods you're eating if you're suffering from arthritis. Not only do they often contain sugar, but they also frequently contain trans fats, which can stimulate inflammation.

It doesn't mean you have to cut baked goods out entirely. It's just that you're going to want to eat them less frequently.

5. **Full-Fat Cheese.** Who doesn't love cheese? Cheddar, Havarti, mozzarella... unfortunately, most cheeses contain saturated fats, which can trigger inflammation. Full-fat cheese can also lead to heart disease, so it's best to avoid these cheeses as much as you can.

6. You were probably encouraged to drink a lot of milk as a kid—and for good reason. Milk contains calcium, which can help strengthen your bones. But, as we get older, many of us lose the ability to properly digest milk. Because the substance so hard on our bodies, it leads to inflammation. So, while milk is great for kids to drink, you might want to swap it out for something easier to digest as you advance in age.

7. **Canned Foods.** Some canned foods are perfectly fine to eat. However, you should be aware of the sodium and sugar content in many of these foods. Canned fruit, especially, can be very high in added sugar. Make sure to read the label on your canned goods, and look for the ones, which are low in salt and sugar to avoid eating anything that might trigger inflammation.

8. Who doesn't love sharing a bottle of wine on date night, or drinking beer in the backyard on a hot summer day? Unfortunately, alcohol may not be great for those with arthritis.

It's important to be mindful when you're consuming alcohol. A small amount of red wine may [be beneficial](#), but overall, you should try to drink as little as possible.

9. Gluten is a certain kind of protein that you'll find in wheat, rye, and barley. It provides grain products with the structure that you're familiar with. However, it can stimulate the inflammatory process. If you have arthritis, do your best to consume less gluten, or if possible, avoid it.

10. **Red Meat.** While it's perfectly fine to enjoy a nice steak once in a while, don't make eating red meat a habit. This type

of meat tends to be pretty high in fat, which, as we know, will trigger inflammation. Eating too much red meat can also lead to other health problems. Instead, go for lean white meats like chicken, or consider eating more fish.

Conclusion

Arthritis is a difficult and frustrating condition. It's important to find the right **joint pain treatments**, like getting exercises, trying supplements, and eating right.

Make sure to avoid the above foods as much as you can. You should also consider supplements like Arthrozene. Read up on [Arthrozene Reviews](#) to see what other users are saying, and speak to your doctor to determine if a supplement like this is right for you.