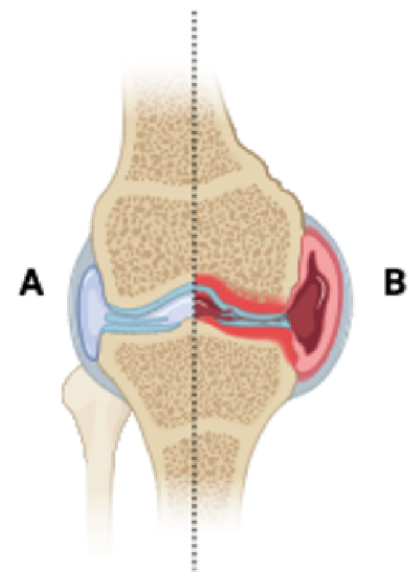




THE ROLE OF INFLAMMATION IN THE PROGRESSION OF OSTEOARTHRITIS

- While inflammation is a normal part of the body's response to injury, chronic inflammation can contribute to the progression of osteoarthritis (OA)
- In OA, chronic low-grade inflammation may be present, involving the release of inflammatory molecules that contribute to the degradation (break down) of cartilage
- It is hypothesized that inflammatory mediators, specifically cytokines and various enzymes may play a role in the breakdown of joint tissues, exacerbating the symptoms of osteoarthritis.



Model of healthy (A) and pathological (B) cartilage of the knee joint. One example of a location OA may occur within the human body.

THE ANTI-INFLAMMATORY DIET

Adopting an anti-inflammatory diet can be beneficial for managing inflammation and potentially alleviating symptoms associated with osteoarthritis. See the following dietary guidelines below.

OMEGA-3 FATTY ACIDS



Foods such as walnuts, fish & eggs have anti-inflammatory properties that may reduce inflammation in the body.

FRUITS & VEGETABLES



Fresh fruit & vegetables are high in anti-oxidants which can be consumed to combat inflammation

WHOLE GRAINS



Try choosing whole grains over refined grains. Examples of whole grains include: quinoa, brown rice, oats, & wheat

NUTS & SEEDS



Nuts & seeds are rich in anti-inflammatory nutrients. Examples include: almonds, peanuts & sunflower seeds.

HEALTHY FATS



Foods such as avocados or olives are considered a healthy fat. **Tip:** try replacing your cooking oil with olive or avocado oil.

SPICES & HERBS



Incorporate spices & herbs such as turmeric, garlic, ginger or cinnamon into your cooking or baking.

LEAN PROTEINS



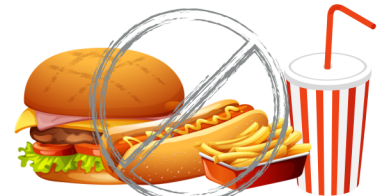
Opt for lean proteins such as poultry, fish, beans, and legumes. **Tip:** Limit red meat consumption

HYDRATION



Stay hydrated with water and herbal teas. 6-8 cups of water daily are recommended.

LIMIT PROCESSED FOODS



Processed foods can increase the inflammatory response in the body.

ANTI-INFLAMMATORY MEAL IDEAS



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Note: It is always best practice to consult with a healthcare professional or a registered dietician for personalized advice based on your specific health and dietary needs.

Breakfast



Smoothie Bowl:

- Spinach, kale, frozen berries, chai seeds, almond milk & a sprinkle of turmeric.
- Blend and serve with sliced bananas, walnuts & a drizzle of honey.

Oatmeal:

- Rolled oats, almond milk, ground flax seeds & blueberries.
- Add a pinch of cinnamon and turmeric for extra anti-inflammatory benefits.

Lunch



Salmon Salad:

- Grilled salmon, mixed greens, cherry tomatoes, cucumber & olive oil-lemon dressing.
- Serve with quinoa.

Vegetarian Buddha Bowl:

- Quinoa, roasted sweet potato, chickpeas, sauteed kale & tahini dressing.

Snack



Veggie Sticks & Turmeric Hummus:

- Blend together chickpeas, tahini, lemon juice, garlic & turmeric.
- Enjoy with carrots, celery, peppers & cherry tomatoes.

Mixed Nuts:

- Almonds, walnuts & brazil nuts.

Dinner



Grilled Chicken with Turmeric Cauliflower Rice:

- Marinate chicken in olive oil, garlic & herbs before grilling.
- Serve with cauliflower rice with turmeric.

Veggie Stir-fry:

- Tofu, broccoli, bell peppers, carrots & snap peas. Stir fry with ginger & garlic.
- Serve over brown rice.

Dessert



Dark Chocolate & Almond Clusters

- Melt dark chocolate; mix with almonds
- Cool in the fridge & enjoy!

Greek Yogurt Parfait:

- Layer greek yogurt & your favourite berries.
- Top with chia seeds & honey