

Food as Medicine for Joint Health

Add these anti-inflammatory foods to your plate to better support your joint health



Beans & Legumes

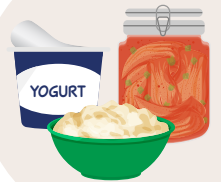
(black beans, chickpeas, pinto)

Provide fiber and anti-inflammatory compounds that help lower inflammation and support a healthy weight, easing pressure on joints.

Fermented Foods

(kimchi, sauerkraut, yogurt)

Contain probiotics that support gut health and help reduce overall inflammation in the body.



Fatty Fish

(salmon, sardines, tuna)

High in omega-3s that help reduce joint inflammation and pain, and improve joint function.

Herbs & Spices

(ginger, turmeric)

Contain antioxidants that may improve joint comfort, especially in the knees.



Fruits

(berries, cherries, citrus)

Packed with antioxidants, fiber, and vitamin C to ease inflammation and support collagen for healthy joints.

Plant-Based Fats

(avocados, avocado oil, olive oil)

High in monounsaturated fats and antioxidants that can reduce inflammation and ease joint pain.



Beets

Contain folate, potassium, and antioxidants that support circulation and joint mobility.

Consider limiting:

- Refined carbohydrates (white bread, pastries)
- Processed meats (hot dogs, sausages)
- Deep fried foods (French fries)
- Sugar-sweetened beverages and snacks (soda, candy)



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These nutrient-dense foods are not intended to replace medical advice or medications prescribed by your healthcare provider.



SECOND HARVEST
of SILICON VALLEY