

*Nutrition tips
for people living with*

ARTHRITIS

10 STEPS

TO A BALANCED PLATE

WHY DO I NEED TO FOLLOW NUTRITIONAL GUIDELINES IF I HAVE ARTHRITIS?

Adopting healthy eating habits can have beneficial effects on people with arthritis. When combined with the loss of a few pounds, a balanced diet with an abundance of essential nutrients can have a positive impact and can help you control or reduce your symptoms. A healthy diet can also give you the energy you need to carry out your daily activities and feel better. See what your doctor says about this.

I'VE TRIED TO CHANGE MY EATING HABITS OR FOLLOW A DIET SEVERAL TIMES, BUT I'VE ALWAYS GIVEN UP. HOW CAN I MAKE SURE THAT I'LL BE SUCCESSFUL THIS TIME?

The tool presented in this document has been designed by dietitians/nutritionists to provide you with a process of gradual change based on 10 steps, each of which is associated with concrete actions. For long-lasting results, steps must be taken one at a time, but you can determine in what order. If you feel strongly motivated to start with Step 7, that's great! And if you need help to figure out in what order to make changes, talk to your doctor. It's important to follow your own pace, but keep in mind that generally speaking, 6 to 8 weeks are needed to incorporate a step into your daily life and appreciate its positive impact on your health. Also, you may find it helpful to repeat a step that proved difficult to incorporate; that's perfectly normal! Keep trusting yourself and keep going. At the end of each step, you may find new sources of enjoyment related to healthy eating habits. Be proud of changes, however small, to your diet. And when your motivation is low, you can call on the resources indicated at the end of the document to help you stay determined to succeed. Don't forget, also, that your doctor is there to help.

I LIKE TO EAT AND FOR ME, CHANGING MY EATING HABITS STANDS FOR "DEPRIVATION". WHY DO I HAVE TO EAT DIFFERENTLY?

Giving your body what it needs in terms of vitamins, minerals and other essential nutrients through eating habits based on the *Canada's Food Guide* is not deprivation. You are actually saying "Yes" to overall health, well-being, and renewed energy. You'll be stacking the odds in your favour in terms of reducing the risk of complications such as obesity, diabetes, anemia or osteoporosis. You'll also be trying out new foods and new flavours. Are you ready? Choose the step that appeals to you most and once that one is completely integrated, move on to the next step!

step 01

I'M EATING MORE ANTIOXIDANTS

MY GOAL

I eat plenty of fruits and vegetables to reach at least 7 portions a day. Fruits and vegetables are an excellent source of antioxidants that reduce inflammation and protect my joints.



MY ACTIONS

- At lunch and supper, fill half the plate with 2 portions of coloured vegetables.
- At every meal, enjoy a portion of fresh or frozen coloured fruits that are rich in antioxidants.
- Every day, eat at least one dark green vegetable and one orange vegetable or fruit.

Fruits and vegetables with high antioxidant content

<i>Purple or blue</i>	Blueberry, plum, prune, blackberry, red cabbage, eggplant, grapes, beet
<i>Orange</i>	Carrot, cantaloup, mango, sweet potato, orange pepper, pumpkin, squash
<i>Green</i>	Broccoli, brussels sprouts, chinese cabbage, snow peas, spinach, green beans, asparagus, artichoke, green pepper, kiwi
<i>Red</i>	Strawberry, raspberry, apple, tomato, red pepper, cherry
<i>White</i>	Garlic, onion, cauliflower, leek, scallion
<i>Yellow</i>	Yellow pepper, turnip, parsnip, pear, grapefruit



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "GOOD OR EXCELLENT SOURCE OF VITAMIN A OR VITAMIN C", "HIGH OR VERY HIGH VITAMIN A OR VITAMIN C CONTENT", "RICH IN VITAMIN A OR VITAMIN C".

AS OFTEN AS YOU CAN, CHOOSE FOODS PROVIDING A HIGHER DAILY VALUE (DV, IN OTHER WORDS 5 TO 15%) FOR VITAMIN A AND FOR VITAMIN C.

step 02 I'M EATING LESS FAT

MY GOAL

My fat (lipid) intake is limited to 30-45 grams per day. This includes added fats such as butter, margarine and oil, but also the fats that are "hidden" in foods. Reducing my fat intake means less inflammation and helps me reach and maintain a healthy weight.



MY ACTIONS

- At every meal, aim for one portion of lean or extra-lean meat or poultry or an alternative. One portion of meat or poultry provides between 2 and 7 g of fat.
- To replace red meat, choose one portion of fish at least twice a week and put different kinds of soy on the menu as often as possible, as well as legumes such as chickpeas or lentils. One portion of soy (in the form of tofu) or legumes provides between 1 and 2 g of fat; one portion of fish provides between 1.5 and 5 g of fat depending on the species.
- At every meal, have one portion of milk, soy beverage or yogurt with 2% milk fat (M.F.) or less. One portion provides between 5 and 7 g of fat.
- Choose cheese with less than 20% M.F. One portion provides 10 g of fat or less.
- At lunch and dinner, enjoy plenty of raw, grilled or steamed coloured vegetables that are naturally low in fat.
- As extras, limit the amount of donuts, cakes, pastries, cookies, pies and commercial muffins you eat. Give high priority to fresh or frozen coloured fruits that are naturally low in fat.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "NO FAT", "LOW FAT", "REDUCED FAT CONTENT".

CHOOSE FOODS PROVIDING LESS THAN 3 G OF LIPIDS (FATS) PER PORTION, I.E., LESS THAN 5% OF THE DAILY VALUE (DV).

step 03 I PREFER HEALTHY FATS

MY GOAL

I try to avoid trans fats as much as possible. Instead, I give priority to healthy fats such as monounsaturated and polyunsaturated fats, including omega-3 fats. (For omega-3s, an intake of 1.6 g per day is considered sufficient). These healthy fats help me reduce inflammation and protect my joints.



MY ACTIONS

- Include a maximum of 1 to 3 portions of quality fats in every meal. Soft or liquid fats, such as vegetable oils and non-hydrogenated soft margarine (made from canola, flaxseed or soy), usually contain healthy fats.
- Avoid hard or firmer fats (butter, shortening and lard), because they contain saturated and trans fats.
- To increase my omega-3 intake, eat one portion of fatty fish (salmon, char, herring, tuna, trout, sardines, mackerel) at least twice a week as meat alternative. One portion of fish provides up to 2 g of omega-3s, depending on the species.
- As a meat alternative, occasionally eat nuts and seeds such as walnuts, cashews, almonds, pumpkin seeds or sunflower seeds, which contain healthy fats. One portion of nuts or seeds can provide over 2 g of omega-3s, depending on the variety.
- Every day, eat 15 ml (1 tbsp) of ground flaxseed, which will provide, on average, 2 g of omega-3s.
- To make sure I'm getting enough omega-3s, choose foods that are enriched with them. These include milk or yogurt with 2% milk fat or less, bread, pasta, cereal, eggs, margarine and fruit juices.
- Talk to my doctor or a dietitian/nutritionist about the possibility of taking an omega-3 supplement as an oil or capsule.

Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "NO TRANS FATS", "NO SATURATED FATS", "LOW IN SATURATED FATS", "REDUCED SATURATED FAT CONTENT", "SOURCE OF POLYUNSATURATED OMEGA-3 FATTY ACIDS", "CONTAINS POLYUNSATURATED OMEGA-3 FATTY ACIDS".

CHOOSE FOODS CONTAINING LESS THAN 2 G OF SATURATED FAT PER PORTION AND NO TRANS FATS, WHICH MEANS LESS THAN 5% OF THE DAILY VALUE (DV) FOR THESE 2 NUTRIENTS COMBINED.

OMEGA-3-TYPE FATS ARE NOT A NUTRIENT FOR WHICH LABELLING IS MANDATORY. AS A CONSEQUENCE, THEY DON'T ALWAYS APPEAR IN NUTRITIONAL FACTS CHARTS. WHEN THEY DO APPEAR, AS OFTEN AS POSSIBLE I CHOOSE FOODS PROVIDING MORE THAN 0.3 G OF OMEGA-3S PER PORTION.



step
04

I'M EATING LESS ADDED SUGAR

MY GOAL

I give priority to nutritious foods that are low in sugar and have no added sugar, as recommended in *Eating Well with Canada's Food Guide*. Reducing my sugar intake helps me reach and maintain a healthy weight.



MY ACTIONS

- Avoid adding sugar, honey or syrup to coffee, yogurt, fruit or cereal.
- Restrict my intake of foods with added sugar, which are often lacking in nutritional value, such as donuts, cakes, pastries, cookies, pies, commercial muffins, candy, milk chocolate, jam, honey, molasses, syrup, etc. These foods should be eaten in small portions, very occasionally, as part of a balanced meal.
- At the end of a meal and for snacks, give priority to fresh or frozen coloured fruits, yogurt and fruit or milk-based desserts. Make home-made desserts adapted to contain less sugar.
- When eating chocolate, choose dark chocolate with a high cocoa content (70% or more), containing less than 10 g of sugar for 3 squares (30 g). Eat only this amount and savour it slowly.
- Drink water to keep hydrated and quench thirst; it contains no sugar and no calories. As much as possible, avoid sweetened beverages such as fruit drinks, regular soft drinks, sweetened alcoholic beverages (piña colada, daiquiri, margarita, sangria, etc.) and iced coffee.

step
05

I'M EATING MORE DIETARY FIBRE

MY GOAL

I eat over 30 g of fibre every day by giving priority to foods with a high fibre content at every meal. Increasing my fibre intake makes it easier for me to reach and maintain a healthy weight.



MY ACTIONS

- Increase fibre intake gradually in order to avoid bloating.
- Make sure to drink 2 litres of water every day to help fibre transit and make the fibres effective.
- Give priority to the best sources of dietary fibre: psyllium, oat or whole wheat flour, oat or wheat bran, bran or whole-grain cereals, oatmeal, legumes, fruits and vegetables.
- Eat more vegetables to reach at least 4 portions per day. At lunch and dinner, fill half the plate with 2 portions of fresh or frozen coloured vegetables, raw, grilled or steamed. One portion provides an average of 3 to 5 g of fibre.
- At every meal, fill one quarter of the plate with 1 to 3 portions of whole-grain products, depending on my appetite. Choose whole-grain breads, cereals, pasta and rice. One portion provides an average of 3 to 5 g of fibre.
- At every meal, enjoy one portion of fresh or frozen coloured fruits. One portion provides an average of 1 to 3 g of fibre.

Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "LOW SUGAR CONTENT", "NO ADDED SUGAR", "UNSWEETENED", "REDUCED SUGAR CONTENT".

GIVE PRIORITY TO FOODS PROVIDING LESS THAN 10 G OF SUGAR PER PORTION. FOR SUGARS, NO PERCENTAGE OF DAILY VALUE (DV) IS CALCULATED, SO THIS INFORMATION WILL NOT APPEAR ON NUTRITION FACTS CHARTS.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "SOURCE OF FIBRE", "GOOD SOURCE OF FIBRE", "HIGH FIBRE CONTENT".

GIVE PRIORITY TO FOODS PROVIDING MORE OF THE DAILY VALUE (DV, IN OTHER WORDS 5 TO 15%).



step
06

I'M EATING HIGH-QUALITY PROTEINS

MY GOAL

I eat at least 15 to 20 g of protein at every meal, and I give priority to protein from plants in order to reduce my intake of red meat and processed meats to a minimum. Proteins of vegetal origin are an excellent alternative to meat. They help me reduce inflammation and reach and maintain a healthy weight.



MY ACTIONS

- At every meal, aim for one portion of protein that will fill one quarter of my plate. One portion of meat, poultry, fish or seafood provides an average of 20 g of protein.
- As often as possible, make up a menu with soy in one of its many forms, legumes such as chickpeas and lentils, and nuts and seeds such as walnuts, cashew nuts, almonds, pumpkin seeds and sunflower seeds. One portion of legumes, nuts or seeds provides an average of 4 to 8 g of protein.
- As a source of protein, eat one portion of fish at least twice a week.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "SOURCE OF PROTEIN", "CONTAINS PROTEIN", "GOOD SOURCE OF PROTEIN", "HIGH PROTEIN CONTENT", "EXCELLENT SOURCE OF PROTEIN", "RICH IN PROTEIN".

TO CHOOSE THE CHIEF SOURCE OF PROTEIN FOR MY MEAL, LOOK FOR FOODS THAT PROVIDE AT LEAST 10 G OF PROTEIN PER PORTION. NO PERCENTAGE OF DAILY VALUE (DV) IS CALCULATED FOR PROTEIN, SO THIS INFORMATION DOES NOT APPEAR ON NUTRITION FACTS CHARTS.

step
07

I'VE BOOSTED MY CALCIUM AND VITAMIN D INTAKE

MY GOAL

I eat at least 1000 mg of calcium (1200 mg for people aged 50 and up) and 400 IU (15 µg) of vitamin D (600 IU for people aged 70 and up) per day by giving priority to foods with high amounts of these two nutrients. Milk and milk alternatives are the main category of foods that provide calcium and vitamin D. Adequate amounts of calcium and vitamin D in my diet help keep my bones healthy and prevent osteoporosis.



MY ACTIONS

- At every meal, aim for one portion of milk products with 2% milk fat (M.F.) or less. One portion of milk with 2% M.F. or less provides about 300 mg of calcium and 100 IU (2.5 µg) of vitamin D. One portion of yogurt with 2% M.F. or less provides about 300 mg of calcium, and some brands made of vitamin D fortified milk may contain up to 60 IU (1.5 µg).
- Choose cheese with less than 20% M.F. For a 50 g-portion, cheddar provides an average of 300 mg of calcium, Brie 100 mg, cream cheese and cottage cheese 40 mg. In Canada, cheeses are generally low in vitamin D.
- Supplement vitamin D intake by eating one portion of fatty fish (salmon, red tuna, sardines, etc.) at least twice a week. One portion of fatty fish can provide up to 600 IU of vitamin D, depending on the species.
- For additional sources of vitamin D, choose vitamin D fortified bread, which can provide up to 90 IU (2.25 µg) per 100 g. Also choose a fortified fruit juice containing 100 IU (2.5 µg) of vitamin D and 300 mg of calcium per 250 mL portion.
- Talk to my doctor or a dietitian/nutritionist to determine if I need to take a vitamin D supplement.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS "SOURCE OF CALCIUM OR VITAMIN D", "GOOD SOURCE OF CALCIUM OR VITAMIN D", "HIGH CALCIUM OR VITAMIN D CONTENT", "EXCELLENT SOURCE OF CALCIUM OR VITAMIN D", "RICH IN CALCIUM OR IN VITAMIN D".

AS OFTEN AS POSSIBLE, CHOOSE FOODS PROVIDING MORE THAN 15% OF THE DAILY VALUE (DV) FOR CALCIUM AND IN VITAMIN D.

step
08

I'M GETTING ENOUGH IRON

MY GOAL

I'm increasing my dietary iron intake to obtain 18 mg per day if I am a woman between the ages of 19 and 50, or 8 mg per day if I am a woman aged 50 or more or a man aged 19 or more. An adequate iron intake allows me to avoid anemia.



MY ACTIONS

- Once a day, eat foods that contain iron such as meat, poultry, fish and seafood. **One portion of meat, poultry or fish** provides an average of **0.7 to 3 mg of iron**.
- If I choose to **limit how much red meat I eat** in order to **reduce inflammation**, I make sure I'm getting enough iron from other sources. **To replace meat**, as often as possible make a menu using **soy** in its many forms, **legumes** such as chickpeas or lentils and **nuts and seeds** such as walnuts, cashew nuts, almonds, pumpkin seeds or sunflower seeds. **One portion of legumes, nuts or seeds** provides an average of **0.7 to 3 mg of iron**.
- **To increase iron absorption**, include a source of vitamin C at every meal such as citrus fruits and their juice, red, yellow or orange peppers, strawberries, raspberries, kiwis or tomatoes.
- Avoid drinking **tea or coffee during meals** since they reduce the amount of iron absorbed from food. Instead, drink them between meals or at least an hour after a meal.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS
"SOURCE OF IRON OR VITAMIN C",
"GOOD SOURCE OF IRON OR VITAMIN C",
"HIGH IRON OR VITAMIN C CONTENT",
"EXCELLENT SOURCE OF IRON OR VITAMIN C",
"RICH IN IRON OR VITAMIN C".

AS OFTEN AS POSSIBLE, CHOOSE FOODS PROVIDING MORE OF THE DAILY VALUE (DV) FOR IRON AND FOR VITAMIN C.

step
09

I'M EATING LESS SODIUM

MY GOAL

I'm keeping my sodium intake under 2300 mg per day, the equivalent of one teaspoon (5 mL) of salt, or about 600 to 800 mg per meal. Reducing my sodium intake helps me prevent and treat high blood pressure.



MY ACTIONS

- **Avoid every form of salt** (sea salt, celery salt, garlic or onion salt).
- **Don't use the salt shaker** at the table or when preparing food. Use spices, herbs, ginger or garlic, alone or in combination. I'm trying things out and doing new things!
- Use only **small amounts of condiments** such as ketchup, soy sauce, pickles, olives and salad dressings, which are often high in sodium.
- As often as possible, prepare meals at home using **fresh or frozen ingredients**. Otherwise, choose powdered mixes or frozen foods labelled "**Low sodium content**" and canned foods that say "**No added salt**".
- If I choose **canned foods containing salt**, I **rinse them** before I eat them.
- **At the restaurant**, ask for nutritional information about foods so as to choose the ones that are **lowest in sodium**.



Making better choices at the grocery store

ON PRODUCT LABELS, LOOK FOR MESSAGES SUCH AS
"NO SODIUM", "LOW SODIUM CONTENT", "LOW SODIUM",
"UNSALTED" OR "NO ADDED SALT".

AS OFTEN AS POSSIBLE, CHOOSE FOODS PROVIDING LESS THAN 150 MG OF SODIUM PER PORTION, I.E., LESS THAN 5% OF THE DAILY VALUE (DV).

step
10

I REACH AND MAINTAIN A HEALTHY WEIGHT AND WAIST CIRCUMFERENCE

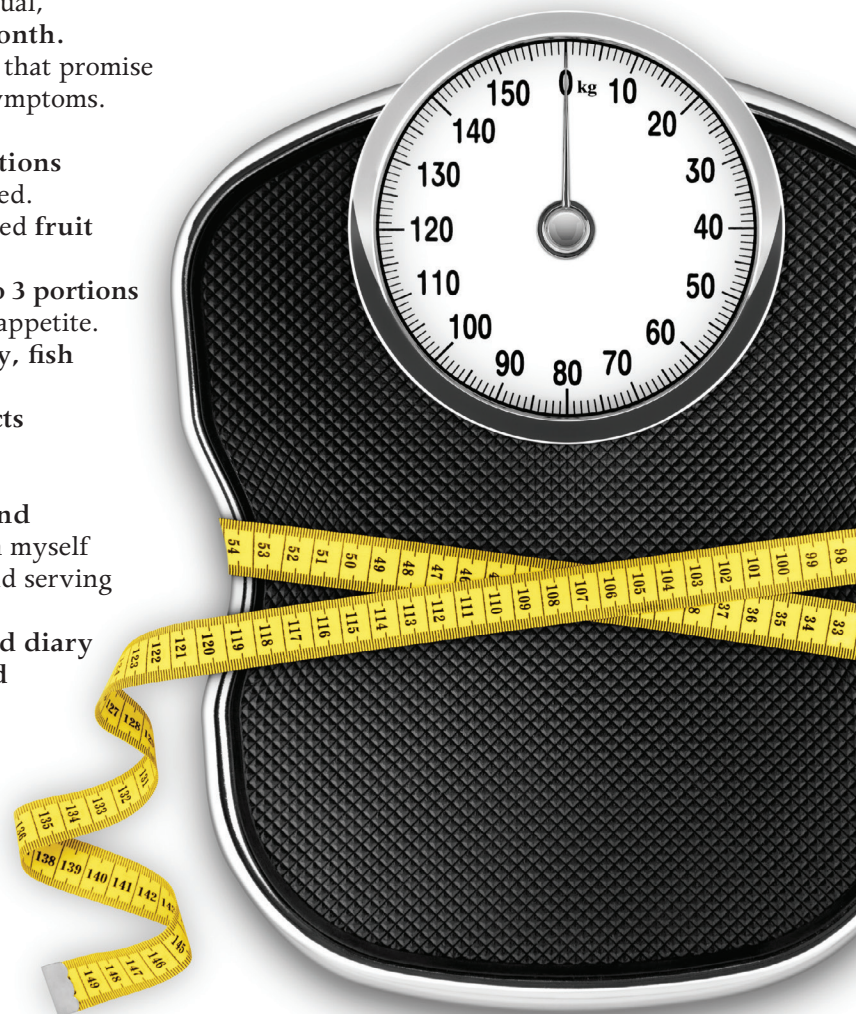
MY GOAL

If I am a woman, my waistline should measure less than 88 cm (35 inches) and my BMI (ratio of weight to height) should be somewhere between 19 and 25. If I am a man, I aim for a waist circumference lower than 102 cm (40 inches) and a BMI between 19 and 25. Reaching and maintaining a healthy weight and waist circumference reduces the pressure on my joints. Ask your doctor to measure your waist circumference, your height and your weight, and write the results in the box. Take the measurements once a month to make sure you stay on track.

Date
Waist circumference
Weight
Height
BMI

MY ACTIONS

- If I'm overweight, aim to lose at least 5 to 10% of my current weight. For long-lasting results, the weight loss must be gradual, i.e. a **maximum of 1 to 3 kg (2 to 4 pounds) per month**.
- Beware of **miracle products and popular methods** that promise quick and easy weight loss and immediate relief of symptoms. Focus on health and **choose a balanced plate**.
- **At lunch and dinner, fill half the plate with 2 portions of fresh or frozen vegetables**, raw, grilled or steamed.
- **At every meal, put a fresh or frozen brightly-coloured fruit on the plate.**
- **At every meal, fill one quarter of the plate with 1 to 3 portions of whole-grain cereal products**, depending on my appetite.
- At every meal, aim for **one portion of meat, poultry, fish or alternatives** to fill **one quarter of my plate**.
- At every meal, aim for **one portion of dairy products with 2% milk fat (M.F.) or less**.
- Review **portion sizes** (see My Portion Sizes).
- **Eat slowly, enjoy each bite and learn to understand my body's signals** and respect my hunger. Question myself by waiting at least five minutes before taking a second serving or having dessert.
- **Keep a record of foods and amounts I eat in a food diary to help me realize what actions I need to take and to monitor my symptoms.** If I suspect that I have a sensitivity, intolerance or allergy to a specific food, I discuss this with my doctor before eliminating it completely from my diet.

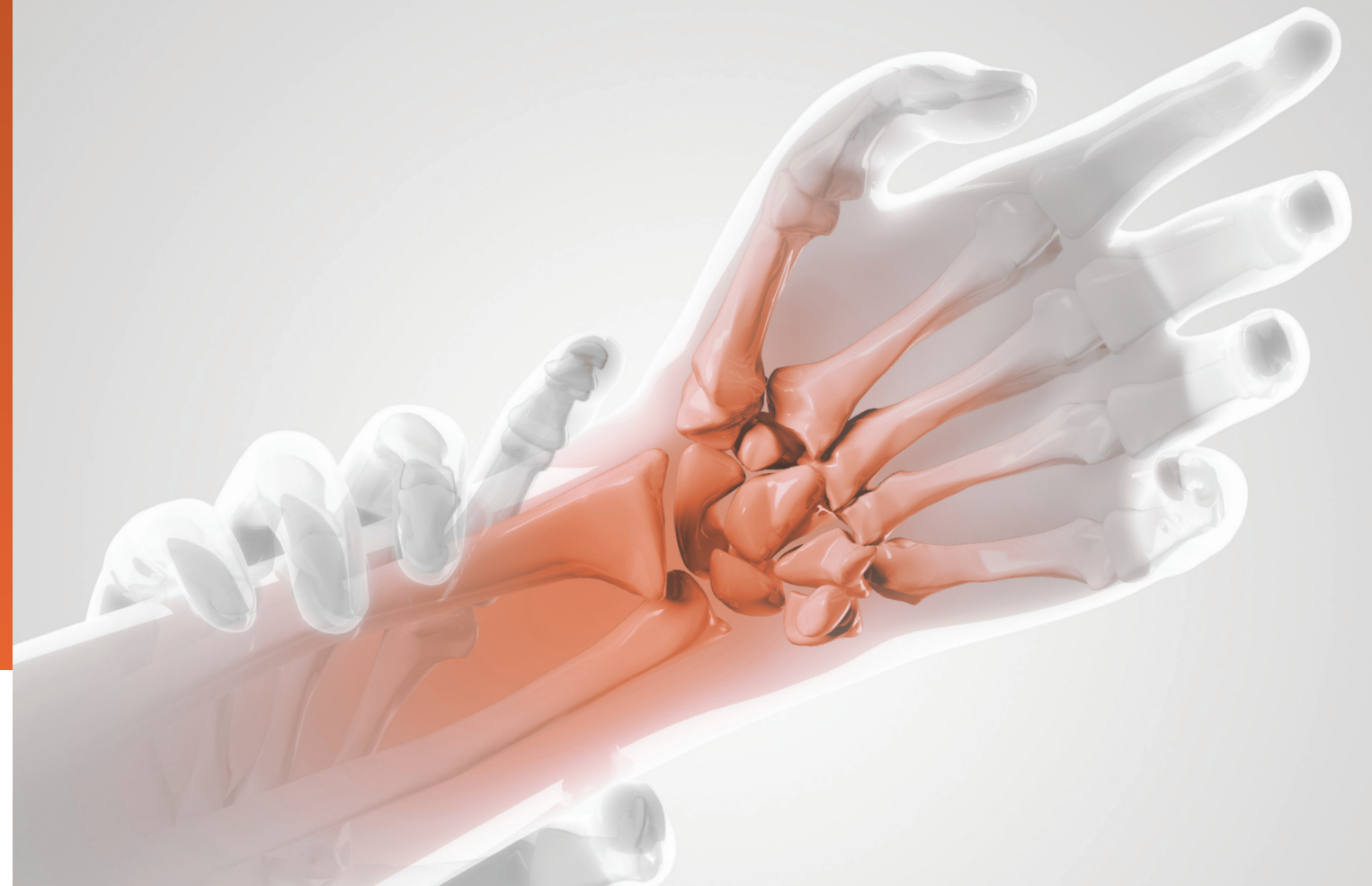


WHAT SHOULD I THINK OF POPULAR DIETS PROMISING TO REDUCE CHRONIC INFLAMMATION AND PAIN?

Any popular or novel diet should be supervised by a physician or dietitian/nutritionist to make sure it is nutritionally balanced and does not create any major deficiency. For instance, some diets may put pregnant women, nursing mothers, children or older people at risk.

There may be many "miracle" diets out there that may claim to help you lose weight quickly or cure your arthritis. However, in reality, there are no such things. Fad diets are usually not based on balanced, healthy eating and are generally not recommended. While there may be some diets that can help you lose weight in the short term, it's usually very difficult to maintain their eating recommendations over the long term. The best way to lose weight permanently is to eat a healthy, balanced diet and exercise regularly. A dietitian/nutritionist will be able to suggest changes to adapt and personalize this programme so that you can be sure of following a balanced diet that will include all of the essential nutrients you need and will have a positive effect on controlling or reducing your symptoms. This is something to discuss with your doctor.

Warning: If you suffer or believe you are suffering from a severe lactose or gluten intolerance (celiac disease), or any other food allergy or sensitivity, make sure you follow the dietary recommendations of your attending physician.



SUGGESTIONS FOR A BALANCED, VARIED AND COLOURFUL MENU

BREAKFAST

	DAY 1	DAY 2	DAY 3
<i>Meat and alternatives</i>	Tofu (75 g)	Cream cheese (30 to 50 g)	Sunflower butter (15 to 20 mL)
<i>Grain products</i>	Muesli cereal (30 g)	Whole-grain English muffin (1/2 to 1)	Whole wheat crepe (1 small)
<i>Fruit</i>	Banana, blueberries (250 mL)	Cantaloup pieces (250 mL)	Unsweetened berry sauce (125 mL)
<i>Milk and alternatives</i>	Greek-style yogurt (250 mL)	Milk or soy beverage (250 mL)	Milk or soy beverage (250 mL)
<i>Healthy eating tip</i>	Mix silken tofu, banana, blueberries and plain Greek-style yogurt. Serve with cereal.	To increase vitamin D intake, lightly spread the English muffin with soft non-hydrogenated margarine.	Use frozen berries to make the sauce.

LUNCH

<i>Meat and alternatives</i>	Meatballs (75 g)	Chickpeas (125 mL)	Salmon (75 g)
<i>Grain products</i>	Boiled potato (1 small)	Whole wheat tortilla (1/2 to 1 small)	Orzo (60 mL)
<i>Vegetables</i>	Carrot salad with raisins (250 mL)	Blanched beets and green beans (250 mL)	Broccoli (250 mL)
<i>Milk and alternatives</i>	Milk or soy drink (250 mL)	Milk or soy drink (250 mL)	Milk or soy drink (250 mL)
<i>Fruit</i>	Pear (1)	Nectarine (1)	Plums (2)
<i>Healthy eating tip</i>	Add cooked quinoa to the meatballs to increase fibre intake.	Garnish the tortilla with chickpeas, in the form of hummus, and grilled peppers.	Serve the salmon with mango sauce.

DINNER

<i>Meat and alternatives</i>	Semi-fat fish: blue marlin (75 g)	Chicken (75 g)	Black-eyed peas (125 mL)
<i>Grain products</i>	Home-made breadcrumbs (60 mL)	Bulgur (60 mL)	Couscous (60 mL)
<i>Vegetables</i>	Ratatouille (250 mL)	Spaghetti squash (250 mL)	Tomato, yellow pepper and onion (250 mL)
<i>Milk and alternatives</i>	Milk or soy drink (250 mL)	Milk or soy drink (250 mL)	Milk or soy drink (250 mL)
<i>Fruit</i>	Fresh grapes (10 to 12)	Peach (1)	Apricots (2)
<i>Healthy eating tip</i>	Coat the fish in homemade breadcrumbs made from multigrain crackers and dried rosemary.	Make mini-chicken balls by mixing cooked bulgur, chopped chicken and basil. Bake in the oven. Put the chicken balls on the squash and serve with tomato sauce.	Black-eyed peas are delicious as a main-course salad with tomatoes, yellow peppers, onion and coriander.

MY PORTION SIZES



ONE PORTION OF FRESH FRUIT

125-250 mL (½ to 1 cup)
1 medium sized fruit

Pieces of fruit or fruit purée

125 mL (½ cup)
half the size of a tennis ball

Dried fruit

60 mL (¼ cup)
the size of a golf ball



VEGETABLES

125-250 mL
(½ to 1 cup)



MILK AND ALTERNATIVES

Milk, soy beverage or unsweetened yogurt

250 mL (1 cup)
the size of a tennis ball

Fruit or flavoured yogurt

175 mL (¾ cup)
half the size of a tennis ball



GRAIN PRODUCTS (STARCHES)

Crackers (30 g)

1 slice of bread (35 g)

½ bagel or ½ pita or
½ English muffin (35 g)

Rice, quinoa, couscous,
pasta, barley, hot cereal
80 to 125 mL (⅓ to ¾ cup)
one third or one half
the size of a tennis ball



MEAT AND ALTERNATIVES

Meat, poultry, fish or seafood, tofu

75 g cooked (2.5 ounces), the size
of a standard deck of playing cards

Lentils

175 mL (¾ cup)

Cheese

50 g
both thumbs put together

Nuts or seeds

60 mL (¼ cup)
the size of a golf ball

Eggs

2



Nutrition Facts			
Per 125 mL (87 g)			
Amount	% Daily Value		
Calories	110		
Fat	0,5 g	1 %	
Saturated Fat	0 g	0 %	
+ Trans Fat	0 g		
Cholesterol	0 mg		
Sodium	150 mg	5 %	
Carbohydrate	18 g	6 %	
Fibre	3 g	10 %	
Sugars	10 g		
Protein	10 g		
Vitamin A	15 %	Vitamin C	30 %
Calcium	15 %	Iron	15 %

Choose foods providing **less than 3 g of lipids** (fats) **per portion**, i.e., **less than 5% of the Daily Value (DV)**.

Choose foods containing **less than 2 g of saturated fats per portion** and **no trans fats**, i.e., less than 5% of the Daily Value (DV) for these two elements combined.

As often as possible, choose foods providing **less than 150 mg of sodium per portion**, i.e., less than 5% of the Daily Value (DV).

Give priority to foods providing **more of the Daily Value (DV) of fibre**.

Give priority to foods providing **less than 10 g of sugar per portion**. Because **no Daily Value percentage is calculated for sugar**, this figure does not appear on nutritional charts.

To choose the **main source of protein** in a meal, look for foods providing **at least 10 g of protein per portion**. Because **no Daily Value percentage is calculated for protein**, this figure does not appear on nutritional charts.

As often as possible, choose foods providing **more of the Daily Value (DV)** for **vitamin A, vitamin C, calcium** and **iron**.

SALMON FILLET IN A FLAXSEED CRUST WITH ASPARAGUS AND CANTALOUPE SALAD

Preparation time 30 minutes

Cooking time 15 minutes

Yield 4 portions



Ingredients

- 400 g (14 oz) Salmon fillet
- 15 mL (1 tbsp) Flaxseed, lightly ground
- 30 mL (2 tbsp) Whole-grain breadcrumbs
- 30 mL (2 tbsp) Olive oil
- 5 mL (1 tsp) Fresh thyme leaves
- 20 Asparagus
- 1/2 Cantaloupe
- 15 mL (1 tbsp) Orange juice
- 2.5 mL (1/2 tsp) Orange zest
- Salt and pepper, to taste

Preparation

Preheat oven to 200 °C (400 °F). Put asparagus on a baking sheet lined with parchment paper and cook in the oven for 5 minutes. In a small bowl, mix coarsely ground flaxseeds with breadcrumbs, thyme and one tablespoon of olive oil. Cut the salmon fillet into four pieces and cover each piece with a small spoonful of the breadcrumb mixture. Dice the cantaloupe. When the asparagus is ready, remove from the oven and cut into segments. In a bowl, combine asparagus, cantaloupe, one tablespoon of olive oil, orange juice and orange zest. Season with salt and pepper to taste. Put the salmon fillets on the baking sheet previously used for the asparagus (use the same piece of parchment paper). Bake for 10 minutes.

Suggested accompaniment

Serve with whole-grain bagels, toasted in the oven.

THRIFTY TIP

If salmon fillet is too expensive, you might want to look for frozen fish portions. Frozen, separately-wrapped salmon steaks, or even fillets, are often less expensive. Just let them thaw in the refrigerator before using them.

- NO TRANS FATS
- SOURCE OF POLYUNSATURATED OMEGA-3 FATTY ACIDS; PROVIDES 1.6 G OF OMEGA-3S PER PORTION
- SOURCE OF FIBRE
- PROVIDES 25 G OF PROTEIN PER PORTION
- EXCELLENT SOURCE OF VITAMINS A, C AND D
- SOURCE OF CALCIUM
- GOOD SOURCE OF IRON

MAIN-COURSE SALAD WITH PLUMS, NUTS AND GRILLED VEGETABLES

Preparation time 20 minutes
Cooking time 20 minutes
Yield 4 portions



Ingredients

- 1 litre (4 cups) Mixed salad greens (mesclun)
- 2 Plums
- 1 Zucchini
- 1 Red pepper
- 4 Scallions
- 185 mL (3/4 cup) Walnuts, coarsely chopped
- 1.25 mL (1/4 tsp) Cumin
- 50 g (1.75 oz) Bocconcini cheese
- 35 mL (2 tbsp + 1 tsp) Olive oil
- 5 mL (1 tsp) Balsamic vinegar
- 5 mL (1 tsp) Chives, chopped
- Salt and pepper, to taste

Preparation

Preheat the oven to 200 °C (400 °F). In a small bowl, combine nuts, one teaspoon of olive oil, and cumin. Mix well and spread on a baking sheet lined with parchment paper. Put in the oven for 5 minutes. Remove from oven, let cool and set aside in a bowl. Cut plums in half and remove pits. Slice the zucchini and the red pepper. Trim the scallions. In a bowl, mix vegetables, plums, one tbsp of olive oil and a pinch of salt and pepper. Put the fruit and vegetables on the same baking sheet lined with the same piece of parchment paper and put in the oven for 15 minutes or until the vegetables are slightly coloured. In a small bowl, combine remaining olive oil, balsamic vinegar and chives. Just before serving, combine mesclun, plums and grilled vegetables, nuts and bocconcini, and add a small amount of vinaigrette.

Suggested accompaniment

This main-course salad can be served with whole-grain pita crisps. Cut pita into triangles, then bake them in a slow oven.

THRIFTY TIP

Instead of mixed salad greens (mesclun), you can use romaine, curly or Boston lettuce for this salad.

- NO TRANS FATS
- SOURCE OF POLYUNSATURATED OMEGA-3 FATTY ACIDS. PROVIDES 2.0 G OF OMEGA-3S PER PORTION
- LOW IN SODIUM
- SOURCE OF FIBRE
- PROVIDES 7 G OF PROTEIN PER PORTION
- SOURCE OF VITAMIN A
- EXCELLENT SOURCE OF VITAMIN C
- SOURCE OF IRON

CHICKEN WITH THAI BASIL PESTO AND LEMON HERB ORZO

Preparation time 20 minutes
Marinating time 15 minutes
Cooking time 20 to 25 minutes
Yield 4 portions



Ingredients

- 400 g (14 oz) Chicken breasts
- 185 mL (3/4 cup) Thai basil
- 30 mL (2 tbsp) Whole almonds, non-salted with skin
- 30 mL (2 tbsp) Olive oil
- 185 mL (3/4 cup) Low-sodium chicken broth
- 375 mL (1 1/2 cup) Orzo, cooked
- 60 mL (1/4 cup) Fresh parsley
- 5 mL (1 tsp) Lemon zest
- 15 mL (1 tbsp) Lemon juice
- Salt and pepper, to taste

Preparation

Preheat the oven to 190 °C (375 °F). Put chicken breasts in a bowl. In a food processor, combine almonds, 1/2 cup basil leaves, one tbsp olive oil and 1/4 cup chicken broth. Puree and pour over chicken. Cover and let marinate in the refrigerator for 15 minutes. Chop parsley and remaining basil. In another bowl, combine cooked orzo, lemon zest and juice, remaining olive oil and chopped herbs. Season with salt and pepper. Remove chicken breasts from marinade; reserve marinade. In a non-stick skillet, sauté chicken breasts for five minutes on each side. Transfer to a baking sheet and put in the oven for 10 to 15 minutes, depending on how thick they are. Return skillet to the burner and add reserved marinade. Deglaze with 1/2 cup chicken broth. Cook until slightly reduced. Remove chicken breasts from the oven, let rest for a few minutes, then slice. Serve the chicken on the orzo with a small amount of sauce.

Suggested accompaniment

Serve the chicken with steamed vegetables (you can use an Asian-style bamboo steamer or a metal steamer) such as broccoli florets, strips of red pepper and snow peas.

THRIFTY TIP

Boneless chicken breasts are usually a little more expensive. You can easily replace them with boneless chicken thighs, which are sometimes cheaper; keep an eye on the specials.

- NO TRANS FATS
- SOURCE OF FIBRE
- PROVIDES 26 G OF PROTEIN PER PORTION
- EXCELLENT SOURCE OF VITAMIN C
- SOURCE OF IRON

TOOLS TO STAY MOTIVATED

WHAT SHOULD I DO WHEN MY MOTIVATION SEEMS TO HAVE DISAPEARED?

*Changing habits is difficult, but the benefits are enormous.
Here are some complementary resources that you can turn
to when you need support*

WEB SITES

Eating Well with Canada’s Food Guide:
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Jointhealth – Changing Arthritis: www.jointhealth.org
Canadian Arthritis Network: www.arthritisnetwork.ca
The Arthritis Society: www.arthritis.ca
Dietitians of Canada: www.dietitians.ca

HEALTH CARE PROFESSIONALS

Your doctor can guide you in setting goals
and determining priorities among the actions you can take.

A dietitian/nutritionist can help you assess your eating habits
and draw up a plan for a balanced diet based on your tastes and preferences.

ALCOHOL

If you drink alcohol, restrict yourself to two (2) drinks a day for men and one drink
a day for women. One drink means about 142 ml or 5 oz of wine (12% alcohol),
341 ml or 12 oz of beer (5% alcohol), 43 ml or 1.5 oz of spirits (40% alcohol).

EXERCISE

Exercise and move every day. Being physically active and eating well will
give you the best results for your health. Talk to your doctor before starting
an exercise program.

GLOSSARY

ANEMIA

Lack of red blood cells. One of the functions
of these cells is to keep tissues and organs
supplied with oxygen.

ANTIOXIDANTS

Substances produced by the body, or found
in foods, that have the property of neutralizing
free radicals (unstable compounds that can
trigger a number of illnesses). Vitamins A
and C are antioxidants.

BULGUR

Bulgur is a dry cereal made of cracked wheat.

FIBRE

Fibre is the part of plant foods that is not
transformed by digestive enzymes. Fibre
improves intestinal transit and provides a
feeling of fullness, making it easier to reach
and maintain a healthy weight.

MONOUNSATURATED FATS

Fats that are liquid at room temperature
and tend to become solid when refrigerated.
These fats are good for cooking. Olive oil,
canola oil, sunflower oil with a high oleic
acid content, avocados and some nuts
(such as pecans and almonds) are high in
monounsaturated fatty acids.

POLYUNSATURATED FATS

Fats that are liquid at room temperature
and do not become solid when refrigerated.
These fats are less suitable for cooking than
monounsaturated fats. Many vegetable oils
(soy, corn, sunflower), fatty fish (salmon,
mackerel, smelt, herring and trout), fish oils,
flax and sunflower seeds, soy and certain nuts
(such as walnuts) are high in polyunsaturated
fatty acids.

SATURATED FATS

Fats that are solid at room temperature.
Coconut, palm and palm-kernel oils, animal
fats (from pork or beef), butter, cheese and
other dairy products are high in saturated
fatty acids.

TRANS FATS

Fats that are naturally present in small
quantities in some animal products
(dairy products, beef and lamb), but that
are also formed through the process known
as hydrogenation. This process transforms
liquid oils into a semi-liquid fats in order
to make them more stable and give them
longer shelf life. Shortening and hard
margarine are examples of products
that are sources of trans fats.

LIPIDS

Fats found in food.

OMEGA-3s

Polyunsaturated fats found in high
concentrations in cold-water fish,
some seed oils and some nuts.

ORZO

Pasta shaped like a grain of rice.

PSYLLIUM

Psyllium is an important source of soluble
fibre (fibre that helps prevent constipation
and can also help control blood glucose
levels and lower cholesterol). Psyllium
may be found in the form of seeds (black,
pale yellow or brown) or as a powder
(Metamucil® is an example).

PROTEIN

Protein is used to form, repair and maintain
tissues such as skin, muscles and bones.
The body also uses protein to form digestive
enzymes and hormones.

QUINOA

Quinoa is a “pseudo-cereal” that contains
a large amount of high-quality protein.
It is also a source of iron. Quinoa contains
no gluten. However, if gluten is an issue,
it is still important to make sure that quinoa
flours and food products are certified
gluten-free.

This document was made possible
thanks to the financial support of



Developed with Dr Laetitia Michou and revised by Dr Karen Adams,
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