

Managing osteoarthritis

Osteoarthritis doesn't have to limit your movement. With the right diet and lifestyle changes, you can support joint health, reduce pain and improve mobility.

Osteoarthritis symptoms

Loss of flexibility



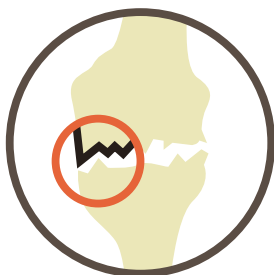
Pain



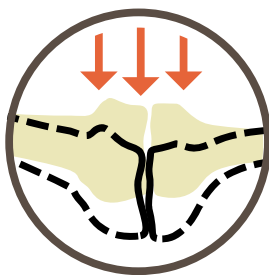
Grating sensation



Bone spurs



Tenderness



Stiffness



Dietary recommendations

1. Anti-inflammatory foods

Chronic inflammation worsens joint pain and stiffness. Aim for 7 to 9 portions of vegetables and fruit per day, a good level of protein and healthy fats.

2. Omega 3 fats

Consume Omega 3 rich foods daily, such as chia seeds, flax seeds and walnuts. Omega 3 fatty acids reduce inflammation and can reduce joint pain.



3. Extra virgin olive oil

Contains polyphenols and oleocanthal, which have anti-inflammatory properties. Nuts and seeds (walnuts, flaxseeds, chia seeds) provide healthy fats and antioxidants. Colourful fruits and vegetables are high in vitamins, minerals and antioxidants that fight oxidative stress.

4. Joint-supporting nutrients

Vitamin C-rich foods are essential for collagen synthesis. Sulphur-containing foods (garlic, onions, cruciferous vegetables) – support cartilage repair. Magnesium is helpful for reducing muscle stiffness. Magnesium-rich foods such as nuts, seeds, whole grains, dark chocolate and legumes. Zinc and copper found in nuts, seeds, and whole grains support joint tissue repair.



5. Limit refined sugars and processed foods

Refined foods and sugars trigger inflammation and worsen osteoarthritis symptoms.

6. Avoid excessive alcohol and fried foods

These can contribute to oxidative stress and inflammation.

Lifestyle advice

+ Maintain a healthy weight

Excess weight puts stress on joints, worsening pain and stiffness. Focus on a nutrient-dense diet to achieve a healthy weight. Engage in low-impact exercise to support weight management.

+ Engage in joint-friendly exercise

Regular movement helps maintain joint function and reduce stiffness, such as walking, swimming, cycling and yoga.

+ Manage stress

Practise relaxation techniques such as meditation, deep breathing or journaling. Stress can worsen joint pain.

+ Improve sleep

Poor sleep can increase inflammation and pain sensitivity. Aim for 7–9 hours of quality sleep per night to support healing.