Best Diet for Rheumatoid Arthritis Transcript

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Introduction and Channel Support

Do you have rheumatoid arthritis and you are confused regarding the recent guideline published by the U. S. government on what to eat and what not to Eat?

In this video, I'll go over what the guideline says and how it applies to people who have Rheumataid Arthritis. I will try to help you learn what other things apply to you and other thing you need to modify, not just follow the guidelines.

Hi, this is Dr. Ananda Subedi, your rheumatoid arthritis goes at the room doc and a practicing rheumeatologist here at Empowered Arthritis and Rheumatology Center in North Carolina.

Before I deep deeper, please don't forget to like and subscribe to our video so that we can share this video to a lot of other people who are suffering with conditions like rheuma arthritis.

Please help in our mission of reaching at least 100,000 subscribers by the end of 2026 and please support us by liking and subscribing and sharing this video to other people who might have these types of autoimmune diseases.

And further, don't forget to accept my gift, the free recipe of a smoothie that you can create early morning to fight against rheumatoid arthritis and inflammation, as well as a free copy of the book, The Holistic Rheumatitis Guidebook that I wrote just for you to help you understand more about rheuma arthritis.

Now to discuss further, let me just go through first what the guidelines say, what are the important points that you need to understand about the guideline.

Overview of the Eat Real Food Guideline

And I'll be sharing my screen so that we can go over that guideline together. So you can see the recent guideline we call eat real food. And this is a guideline for all Americans as well as all the people around the globe.

Now, I will highlight some of the key aspects of this guideline. The first one being the three important pillars. Three important pillar of these guidelines includes a protein and dairy and healthy fat.

A second pillar is use of vegetables and fruits. And the third pillar, is the use whole grains. So be aware of those three pillars, the protein, and the dairy, healthy fats, vegetables, fruits, whole grain.

Now, all of these are important. When we think about diet and health, the most important concept is to have a balanced diet. And a balance diet, what it contains is a component of protein to help build your muscles, build their body.

Also, if you have autoimmune disease, protein are as important when you are trying to fight against inflammation, your body need quality protein. Hence protein is an key component in our diet in case of auto immune diseases.

Now, the next key component is vegetables and fruits, which you can see in the pictures that includes broccoli and a few other fruits and vegetables that are important for our health.

Now fruit and vegetable are an important component because they contain a lot of fibers and they also contain lots of micronutrients, Which is so important to our body in general.

Relating in particularly with the autoimmune disease, this fiber also are anti-inflammatory too. Now I'll go a little more detail later, but what it contains is a lot of fibers are good for your gut.

The Three Main Dietary Pillars

So they feed your healthy gut and it's very important for auto-immune diseases. The third pillar is the whole grains and important is whole grain, not the refined grains.

It's important to consume grains that are whole, and not refined ones. Because if it is refined, they lack the fiber that is so important body. Now let me go over a little more detail on the important component of this eat real food guideline.

The first one being eat the right amount for you. So all of us has different requirement on how much to eat. Depending on your metabolic rate, depending on you exercise, how must you do and then other co-morbidities.

We need to understand what is the the amount of food we need eat? So hence understand, what the is right for your. And the next point is prioritize protein food at every meal.

When you look at your plate always make sure that you have enough protein either in the animal form or the plant form protein because as we discussed earlier protein is an important part of our body when we're trying to build our bodies.

Most of the cells do need a lot of protein that are typically important daily function of a cell. Now the third component is consumption of dairy products.

So dairy is a important source of proteins and The dairy that you need to consume is without any added sugar. In the market, you might see some of the dairy products that are added with a lot of sugar, which may not be healthy for you.

Hence you to find a dairy product without added any sugar and dairy can also be a good source of protein and it has healthy fat as well as vitamin and the minerals such as calcium and vitamin D.

Now all of these components, the consumption of the right amount, protein and dairy also help maintain a good gut and we call that microbiome. Hence a balanced microbiomes is so important for our good health.

Now the next pillar we talk about is eating vegetables and fruits throughout the day. So always try to look at your plate and try prioritize vegetables fruits in your plates.

Now, depending on the season, if you have trouble finding the right type of fruits, you can also find frozen fruits as well. So frozen fruit and vegetables also have good amount of fiber and there is some preserved vitamin and mineral that are still available in the frozen foods and vegetable.

Hence, try to find what is most available to you at your location.

Healthy Fats and Whole Grains

Now the other important component of eating real food is incorporating healthy fats. Now you might wonder what are those healthy fat? Some of the good example includes meat and the meat also important is the quality of meat is so important.

The other good source of healthy fatty is seafood, nuts, seeds and then olive oil and avocados. Those are good sources of health fat. And what does mean by healthy fat is fat that has more amount of polyunsaturated fatty acid such as omega pre fatty acids and less of a saturated fatty assets.

And when we talk about the saturated, fatty, acid, the overall daily consumption should not be more than 10 percent of your daily needs. So try to watch out for those saturated fats and try.

To minimize the saturate fat and increase your unsaturate fatty or unsaturated fat. Now going back to the grain so

try to incorporate whole grain that has a lot of fiber.

Now let me summarize there were three important pillars in the eat real food guideline. The first one being eating fruits and vegetables throughout the day, incorporating healthy fats and focusing on whole grains rather than focusing under refined grains.

So those are the three imporant pillars or component of the Eat Healthy or Eat Real Food.

Foods to Limit

Before I go deeper, all of you rheumatoid arthritis warrior, if you like this video, please like and subscribe and share this to other people who have rheuptoide arthritis and other autoimmune disease and were confused about what to eat and what not to.

And also don't forget to accept our gift, the free copy of our Holistic Rheumataid Arthritis Guidebook as well as the recipe of anti-inflammatory smoothie that you can prepare every morning so that it will help you fight against rheumatoid arthritis and inflammation.

Now, going through the guideline further, the other component of this guideline is what are the food we need to limit? And typically, there are a few things that we do need limit, including highly processed food, added sugar, and refined carbohydrate.

Those are three important components of the foods that need minimize as much as possible. An other component in our daily intake that we need to limit is alcohol use.

Now, there used to be thought that there is a healthy drinking, but overall alcohol is not good for our health. Another thing that way to a limit, is the amount of sodium you are taking.

Sodium could be also inflammatory in some of you who have rheumatoid arthritis. Hence, limiting the use of Sodia or minimizing sodium as much as possible is best practice.

to help with your overall health as well as autoimmune diseases. Now, let's get to the most important part of the video is how this eat real food guideline applies to someone who have rheumatoid arthritis.

This might be the more important question. And as I read through the guideline, the guidelines is more focused on in general population.

How the Guideline Applies to Rheumatoid Arthritis

It does not truly focus on people who had auto immune diseases. So if you have Rheumatitis or any other auto-immune disease, you might need to read this carefully.

you might need to understand better how much it applies to you and how it may not apply to. In particular, people who have autoimmune condition like rheumatoid arthritis, some of the food are inflammatory.

in particular the red meat is considered to be inflammatory so for people with auto immune disease this guideline may totally not applied to them. Hence you need modify your diet depending on your disease and you may need consult a dietitian who will help you guide how this applies and they will then help modify the diet.

general the available research suggests people who have autoimmune disease they do better if they increase their overall plant-based food intake rather than animal- based food.

What does that mean? You might need to change this guideline. You can see on the top of the pyramid you have a lot of red meat so in your case if you had auto immune disease you might have to minimize those red meats and maximize the plant based foods to help control the inflammation.

So if you need to understand better what type of food you should eat, if look at a typical Mediterranean diet, which typically has a lot of fruits and vegetables, a whole grain, olive oil, fish and chicken.

So those might be a better option for those who have autoimmune disease like rheumatoid arthritis. Hence, we need modify the recommendation here to people who are auto immune disease.

Everything that we talked today in the beginning may not totally apply to you if have an auto-immune disorder like Rheumatitis. Now, some of the fat that we discussed earlier are good, particularly the pad that has a lot of polyunsaturated fatty acids such as omega-3 fatty acid, which are anti-inflammatory.

So try to add more fish rather than more red meat. You can substitute red meet with fish which has more anti inflammatory component and will be helpful for you.

you can also find protein from animal sources such that legumes that have a protein, but they are not as inflammatory as the animal based protein. Hence, the key component that we need to understand better in this guideline is decreasing your overall use of red meat and adding more fatty fish and chicken as a way of minimizing inflammation.

Now, all of you rheumatologists who are here, hopefully this video helped you understand a little more about what is this guidelines that eat real food guideline help you and how you modify this guideline to those who have rheumatoid arthritis.

So if you have any other questions, please put a comment below so that I can answer those questions. And also don't forget to like and subscribe to our videos so more of the rheuma to arthritis warrior get clarity related with this content, related to different topics which are sometimes confusing.

We are here to support you, to give you this guidance so we can understand better about how we best serve your needs. I'll see you in the next video. Bye bye.