

# How to Avoid Arthritis Pain with a Mediterranean Diet



A Mediterranean-type diet has been shown to be good for the brain and the heart as well as for controlling blood sugar. Could it also help people avoid arthritis pain?

## Can You Use a Mediterranean Diet to Avoid Arthritis Pain?

A new study suggests that such an eating pattern is also beneficial for overall quality of life, especially if people suffer from arthritis. Nearly 5,000 Americans at high risk of knee osteoarthritis were recruited between 2004 and 2006. Their eating patterns were analyzed based on a 70-item food-frequency questionnaire.

Adherence to a Mediterranean-style diet was assessed. The British and Italian scientists assigned each volunteer a score to reflect adherence to the diet.

Those who had the highest scores on the Mediterranean diet questionnaire reported a substantially better quality of life. They also had decreased pain and disability and fewer depressive symptoms.

The authors conclude that this kind of eating pattern may help people avoid arthritis pain and lead to healthier aging.

**[American Journal of Clinical Nutrition, Nov., 2016 \(http://ajcn.nutrition.org/content/104/5/1403.abstract?sid=a0bab583-2217-419a-aad5-0eee0eb63bea\)](http://ajcn.nutrition.org/content/104/5/1403.abstract?sid=a0bab583-2217-419a-aad5-0eee0eb63bea)**

## How Can You Assess Your Adherence to a Mediterranean Diet?

Here is a shorter 14-point questionnaire you can use to figure out how to eat to avoid arthritis pain. It was published in the **[Journal of Nutrition in June, 2011](#)**. Give yourself one point for each "right" answer (included in parentheses). The closer you can get to a score of 14, the better you are doing.

1. Do you use olive oil as your principal cooking fat? (Yes)
2. How much olive oil do you consume every day? (at least 4 tablespoons)
3. How many servings of vegetables do you eat every day? (at least 2)
4. How many pieces of fruit do you eat every day? (at least 3)
5. How many servings of red meat do you eat each day? (less than 1)
6. How many servings of butter, cream or margarine do you consume every day? (less than 1)
7. How many sugar-sweetened carbonated beverages do you drink per day? (less than 1)

8. How much wine do you drink during a week? (at least 7 glasses)
9. How many servings of beans, legumes or lentils do you eat a week?  
(at least 3)
10. How many servings of fish do you eat every week? (at least 3)
11. How many times a week do you eat store-bought cookies or cakes?  
(less than 2)
12. How many times a week do you eat nuts? (at least 3)
13. Do you prefer chicken or turkey to beef or pork? (Yes)
14. How many times a week do you eat dishes with tomato sauce made  
with olive oil? (at least 2)

If you need some ideas on how to follow a Mediterranean diet, you might want to consult our book, ***The People's Pharmacy Quick & Handy Home Remedies***. It has helpful details and delicious recipes. Another good alternative is our **combination offer** of a CD of our hour-long interview with Dr. Barry Sears and his book on *The Mediterranean Zone*.