

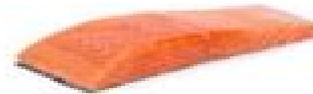
Rheumatoid arthritis? **Eat these:**



Fruits and Vegetables



Lean Proteins



Omega-3 Fatty Acids



Cherries and Beets



Ginger



Green Tea



Turmeric

...and avoid these:



Grilled, Broiled, or Fried Meats



Gluten



Refined Sugars



Omega-6 Fatty Acids



Preservatives and Artificial Flavors



Alcohol



Dairy



Processed Foods



Arthritis Guide Nutrition

Pamela L. Swearingen



Arthritis Guide Nutrition:

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