















**Rheumatoid Arthritis** 

# nutrition tool kit









# about rheumatoid arthritis

Living with a chronic condition like rheumatoid arthritis can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing rheumatoid arthritis (RA), please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

#### Our dietitian-tested recipe section includes:

- · Food substitutions based on common food allergens and intolerances
- · Helpful nourishment notes calling out the benefits of certain foods for rheumatoid arthritis
- · Downloadable recipes

And don't miss the Empower Your Well-Being section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com/ahealthieryou

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# flare-friendly shopping list

#### **Rheumatoid Arthritis**

Navigating the grocery aisles may seem overwhelming, especially during a flare, but we're here to help! Below you'll find some flare-friendly foods, no matter what section you're shopping in.

High FODMAP	Contains Gluten	Nightshade
*May contain FODMAPS and gluten depending on the type of grain		

Produce	
Apples	Lemon
Apricots	Lime
Avocado	Mango
Bananas	Oranges
Blackberries	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Cherries	Plums
Dates	Pomegranates
Figs	Raspberries
Grapes	Strawberries
Honeydew	Watermelon
Kiwi	

Produce	
Artichoke	Green Peas
Arugula	Jicama
Asparagus	Lettuce Greens
Beets	Mushrooms
Bell Peppers	Onion
Broccoli	Peppers
Broccoli Rabe	Potato
Brussels Sprouts	Pumpkin
Butternut Squash	Radish
Carrots	Spinach
Cauliflower	Summer Squash
Cucumber	Sweet Corn
Eggplant	Sweet Potato
Garlic	Swiss Chard
Green Beans	Tomato
Green Onion	Zucchini





# flare-friendly shopping list

#### **Rheumatoid Arthritis**

High FODMAP	Contains Gluten	Nightshade
*May co	ntain FODMAPS and gluten depending on the type	e of grain

Dairy
Low-Fat Milk (1% or skin)
Low-Fat Cheese (1% or skim)
Low-Fat Yogurt (1% or skim)
Kefir
Plant-Based Milk (nut varieties, soy, rice)
Plant-Based Yogurt (almond, coconut, soy)
Plant-Based Cheese (nut varieties, soy)
Plant-Based Kefir

Lean Protein
Beans And Lentils
Eggs
Soy Foods (edamame, tempeh, tofu)
Lean Beef
Lean Pork
Omega-3 Rich Fish (herring, mackerel, trout, tuna, salmon)
Seafood (shrimp, scallops, mussels, etc.)
White Meat Poultry (turkey, chicken)

Canned Foods
Canned beans
Canned Chicken
Canned Fruit (packed in water)
Canned Salmon (packed in water)
Canned Tuna (packed in water)
Canned Vegetables (no salt added)

Frozen Foods
100% Juice Bars
Frozen Fish Fillets
Frozen Fruit (no sugar added)
Frozen Vegetables (no added sauces or salt)

Grains & Starches
Barley
Brown rice
Old Fashioned Oatmeal
Bean-Based Pasta
Polenta
Sprouted grains* - may contain gluten
Whole grain bread* - may contain gluten
Whole grain cereal* - may contain gluten
Whole grains (bulgur, barley, quinoa, farro, spelt, etc.)* - may contain gluten
Whole wheat pasta* - contains gluten





# flare-friendly shopping list

#### **Rheumatoid Arthritis**

High FODMAP	Contains Gluten	Nightshade
*May contain FODMAPS and gluten depending on the type of grain		

Nuts, Seeds & Oils
Almonds
Avocado Oil
Canola Oil
Cashews
Chia Seeds
Extra Virgin Olive Oil
Flax Seeds
Grape Seed Oil
Nut Butters
Olives
Peanuts
Pine Nuts
Pumpkin Seeds
Sunflower Seeds
Walnuts

Beverages
100% Juice
Coffee (regular or decaf)
Kombucha (fermented beverage)
Tea (regular or decaf)
Water (plain or sparkling)





# foods to stock your pantry

#### **Rheumatoid Arthritis**

It can be exhausting and painful to go grocery shopping during a RA fare. When you're feeling well, stock the pantry with healthy, shelf-stable foods, like the ones below, so you'll be prepared if a fare suddenly hits.

Grains		
Bean-Based Pastas	Whole Grain Bread, Crackers	
Brown Rice	Whole Grain Pastas	
Old Fashioned Oatmeal	Quinoa	
Popcorn	Polenta	
Whole Grain Breakfast Cereals (Cheerios®, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)		
Gluten-Free Products (if gluten intolerant)		

Protein	
Canned or Dried Beans and Legumes	
Raw or Roasted Nuts and Seeds	
Chicken (cans or pouches)	
Salmon (cans or pouches)	
Nut and Seed Butters	
Tuna Fish (cans or pouches)	

Oils		
Avocado Oil	Flax Seed Oil*	
Canola Oil	Grape Seed Oil	
Extra Virgin Olive Oil	Walnut Oil	

Dry Herbs & Spices	
Basil	Italian Seasoning
Bay Leaves	Onion
Chili Pepper*	Oregano
Cinnamon*	Parsley
Cumin*	Rosemary
Garlic*	Thyme
Ginger*	Turmeric*

<sup>\*</sup>Anti-Inflammatory Ingredient

Fruits	
Applesauce	
Canned Fruit (packed in 100% juice or water)	
Dried Fruit or Fruit Leathers	
Fruit Cups (packed in 100% juice or water)	

Vegetables
Canned, Reduced-Sodium Vegetables
Dehydrated Vegetable Snacks
Onions
Potatoes





# **foods to stock your pantry**

#### **Rheumatoid Arthritis**

Canned Goods	
Coconut Milk, low-fat	
Diced Tomatoes	
Roasted Red Peppers	
Sauerkraut	
Tomato Paste	
Tomato Sauce	

Beverages	
100% Fruit Juice	
Coffee	
Tea	
Water	
Low-Sodium Vegetable Juice	
Low-Sugar Sports Drinks	
Shelf-Stable Milk or Milk Alternatives	
Stock (Chicken, Vegetable, Beef)	





# eat this, not that

#### **Rheumatoid Arthritis**

\* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That	
Fruits	Canned fruit packed in water Dried fruit, no sugar added Fresh fruit Frozen fruit, no sugar added	<ul> <li>Canned or frozen fruit packed in syrup</li> <li>Dried fruit with sugar added</li> <li>High FODMAP fruits, if applicable- apples, watermelon, pears, cherries, prunes</li> </ul>	
Vegetables	Beans and peas Dark green vegetables Red and orange vegetables Starchy vegetables (corn, peas, white potato, sweet potato) Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash and zucchini)	Deep-fried vegetables     High FODMAP vegetables, if applicable- artichokes, garlic, onion, cauliflower, mushrooms, snow peas     Nightshades, if applicable- tomatoes, peppers, eggplant and white potatoes	
Grains/Starches	<ul> <li>Amaranth</li> <li>Barley*</li> <li>Bean-based pastas</li> <li>Brown rice</li> <li>Buckwheat</li> <li>Oatmeal</li> <li>Whole grain, high-fiber cereals*</li> <li>Whole grain pasta*</li> <li>Whole grain bread*</li> <li>Wild rice</li> <li>Quinoa</li> <li>Sorghum</li> </ul>	White rice     Refined white flour products- bread, bagels, rolls, crackers, cereals, pasta*     Gluten containing foods, if gluten intolerant     High FODMAP grains, if applicable- rye, wheat, barley*	
Protein	<ul><li>Beans</li><li>Poultry</li><li>Eggs</li><li>Tempeh</li><li>Tofu</li></ul>	Processed and smoked meats (deli meats, jerky, hotdogs, sausages, and bratwurst) Fried meats Tough, high-fat meats	
Dairy	Low-fat dairy (milk, yogurt, cheese, kefir) ∞     Plant-based milks (almond, cashew, coconut, soy)     Plant-based milk alternative yogurts (almond, soy, coconut)	Full-fat dairy (cream, half and half, sour cream, ice     cream) ∞     Lactose containing foods, if lactose intolerant     High FODMAP dairy items if applicable- cottage cheese, cow's milk, sheep's milk, and goat's milk, yogurt, ice cream and custard	
Nuts/Seeds/Oils	Plain, whole nuts Plain seeds Extra virgin olive oil Canola oil Unrefined coconut oil	Salted or sugar-coated nuts and seeds Peanut oil Sunflower oil Soybean oil High FODMAP nuts and seeds, if applicable-pistachios, cashews	
Beverages	Coffee  Kombucha (fermented tea)  Kvass (fermented beverage)*  Tea  Water  Plain or naturally flavored sparkling water	High FODMAP beverages, if applicable- oolong tea, chamomile and fennel herb tea     Sugar sweetened beverages     Alcohol	





# food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being ⊕ ⊕ ⊕ ⊛
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**Breakfast | Dinner** 

# **Southwest Oat Bowls**

5-10 Mins **Prep Time** 

7 Mins **Cook Time**  **Servings** 

239 Calories 28g Carbs 9g Fat 13g Protein

# **Ingredients**

4 Servings



12-15 Mins Total Time

**○** Allergens: Eggs, Gluten

2 Cups Low-Sodium Vegetable Broth

1/2 Tsp Chili Powder

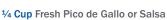
1/4 Tsp Ground Cumin

1 Cup Rolled Oats



1 Cup Cooked Black Beans or Canned Black Beans, drained and rinsed 🖤

½ Avocado, sliced



2 Tbsp Fresh Cilantro, chopped

4 Eggs 🖤

Salt and Pepper, to taste

#### **Allergen Swap**

Eggs Omit the eggs in this dish.

Gluten Oats are naturally gluten-free. For those with celiac disease look for certified gluten-free oats.



#### **Nourishment Note**



#### Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



#### **®** Black Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation and reduce pain associated with rheumatoid arthritis.



Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.



#### Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working it's best.





#### 1. Cook Oats

In a medium-sized saucepan bring the vegetable broth, chili powder and cumin to a boil. Stir in oats. Reduce heat. Simmer uncovered for about 5 minutes, stirring occasionally. Stir in black beans.

#### 2. Cook Eggs

While the oats are cooking, cook the eggs. For this recipe we made scrambled eggs, but fried or poached would work well.

#### 3. Remove Oats from Heat

Remove the oats from heat. Cover and let stand for 2 minutes. Season with salt and pepper to taste.

#### 4. Serve & Enjoy

Spoon oats and eggs into 4 bowls. Top with avocado, Pico de Gallo and cilantro.

Recipe adapted from: forksoverknives.com

#### What You'll Need



Can Opener



**Measuring Cup** 



Medium-Sized Saucepan with Lid



Skillet



**Spatula** 



**Cutting Board** 



Knife



Mixing Spoon

#### **RA Cooking Tips**

- Use canned black beans to reduce preparation time.
   An electric can opener is a great tool to help reduce hand strain.
- Look for pre-made Pico de Gallo in the deli section or use jarred salsa.
- The oats and bean mixture can be made in advance and enjoyed during the week.





Breakfast | Snack

# **Honey Cinnamon Granola**

**10 Mins Prep Time** 

**12 Mins Cook Time** 

Servings

256 Calories 15g Fat 30g Carbs

### **Ingredients**

8 Servings • ½ Cup Serving Size

**22 Mins Total Time** 

Allergens: Gluten, Nuts

2 Cups Old Fashioned Rolled Oats

1/₃ Cup Raw Walnuts 🖤

1/3 Cup Raw Almonds (1)

1/2 Tsp Fine-Grain Sea Salt (scale back if using table salt)

1/2 Tsp Cinnamon

1/4 Cup Vegetable Oil

1/4 Cup Honey

1 Tsp Vanilla Extract

1/₃ Cup Dried Cherries ♥

#### **Allergen Swap**

Gluten Choose certified gluten-free oats

Nuts Replace nuts with sunflower seeds or pepitas



#### **Nourishment Note!**



#### **Mathematical Rolled Oats**

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut and heart health.



#### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



#### Almonds

Almonds are an excellent source of protein, fiber, heart-healthy monounsaturated fats, and vitamin E. Vitamin E, a powerful antioxidant, may help to protect cells from damage.



#### **(17)** Cinnamon

Cinnamon may help lower inflammation within the body.



#### **Operation** Dried Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body. Cherries may also help to relieve arthritis pain when consumed regularly.





#### 1. Preheat Oven

Preheat the oven to 350° F and line a rimmed baking sheet with parchment paper.

#### 2. Mix Ingredients

In a large bowl, mix together the oats, nuts, salt, and cinnamon. Drizzle the oil, honey, and vanilla over the oat mixture and blend until all ingredients are evenly coated.

#### 3. Spread Granola

Spread the granola into an even layer onto the prepared baking sheet.

#### 4. Bake Granola

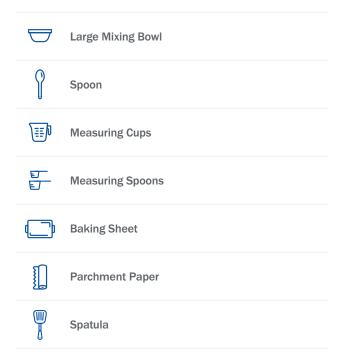
Bake until golden, about 20 minutes, stirring halfway through. The granola will not be crispy coming out of the oven. It will crisp as it cools.

#### 5. Cool Granola

Let the granola cool completely and then break in to pieces. Gently stir in the dried cherries. (If you're feeling a little crazy, mix in some chocolate chips as well!)

Recipe adapted from: cookieandkate.com

#### What You'll Need



#### **RA Cooking Tip**

 Measuring the cooking oil in the measuring cup before the honey. The oil will help the honey slide out more easily and prevent having to scrape out the measuring cup.





**Dinner** 

# **Vegetarian Thai Rice Bowls**

15 Mins **Prep Time** 

**15 Mins Cook Time** 

**Servings** 

445 Calories 26g Fat 47g Carbs 12.5g Protein



# **Ingredients**

6 Servings

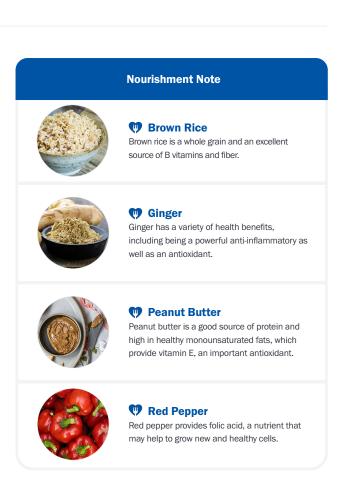


30 Total Time



**Allergens: Soy, Nuts** 

Bowls		
1½ Cups Brown Rice	1/4 Cup Reduced-Sodium Soy Sauce	
1 Tsp Olive Oil	1/4 Cup Peanut Butter	
4 Cloves Garlic, minced	4 Cups Vegetable Broth	
1 Tsp Ginger, minced 👣	1 Can (14 oz) Light Coconut Milk	
1 Tbsp Red Curry Paste	1 Tsp Honey	
Toppings		
1 Cup Matchstick Carrots 2 Green Onions, chopped		
1 Red Pepper, thinly sliced 1 Jalapeño, thinly sliced		
1/4 Cup Fresh Cilantro, chopped		
Optional Choice of Protein: Cubed Tofu, Cooked Shrimp, or Cooked Chicken		
Allergen Swap		
Soy Coconut Aminos	Nuts Tahini, Sun Butter®	







#### 1. Cook Rice

In a sauce pan, cook the rice according to the package directions. Cover and set aside.

#### 2. Simmer Sauce

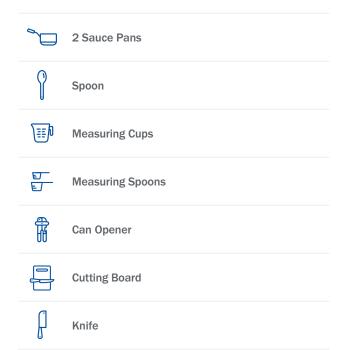
In another sauce pan, heat the oil over medium heat. Add the garlic and ginger. Cook for 30 seconds, constantly stirring. Add the red curry paste, soy sauce, peanut butter, vegetable broth, coconut milk, and honey. Bring the mixture to a boil, then reduce the heat and let simmer for at least 10 minutes.

#### 3. Prepare Toppings

While the sauce is heating, prepare the toppings. To serve, divide the rice into bowls, top each serving evenly with sauce, prepared vegetables, herbs, and desired protein source.

Recipe adapted from cookieandkate.com

#### What You'll Need



#### **RA Cooking Tips**

**Brown Rice:** Look for pre-cooked brown rice in the frozen section of the grocery store.

**Ginger:** Instead of chopping fresh ginger, try ginger powder or a refrigerated ginger paste.

**Garlic:** Purchase jars of minced garlic instead of chopping your own.

**Julienned Carrots:** Purchase matchstick carrots in the salad section of the grocery store.

**Cilantro:** Use an herb stripper and scissors to cut fresh herbs.





Side

# **Braised Greens with Kimchi** and Grass-Fed Butter

10 Mins **Prep Time** 

**25 Mins Cook Time** 

**Servings** 

166 Calories 8g Fat 17g Carbs **5g Protein** 



## **Ingredients**

- 4 Servings 1/4 Cup Serving Size
- **35 Mins Total Time**
- **Allergens: Dairy**

- 3 Tbsp Grass-Fed Butter
- 2 Bunches Lacinato Kale, stripped from the rib & chopped



1/2 Jar Refrigerated Kimchi (14 oz. jar)



1 Cup Vegetable Broth

Salt & Pepper, to taste

#### **Allergen Swap**

Dairy Replace the grass-fed butter with a vegan alternative or olive oil

#### **Nourishment Note**



#### **(1)** Kale

Kale is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.



#### **W** Kimchi

Kimchi is a flavorful Korean side dish, traditionally made from fermented cabbage. The fermentation process promotes the growth of healthy bacteria, or probiotics. Probiotics are important for gut health and may improve immunity and the antiinflammatory response.





#### 1. Melt Butter & Sauté

Melt butter in a deep skillet. Once melted, add the chopped kale and sauté until wilted, about 2-3 minutes.

#### 2. Simmer Kimchi

Add the kimchi and vegetable broth. Bring mixture to a simmer, then cover and cook on low for 10 minutes.

#### 3. Cook Without Lid

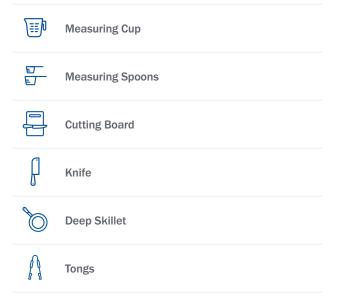
Remove lid and cook until liquid has been reduced, about 10-12 minutes.

#### 4. Salt, Pepper & Enjoy

Add salt and pepper to taste and enjoy!

Recipe created by Meijer Chef, Chad Beuter

#### **What You'll Need**



#### **RA Cooking Tips**

#### Kale

Strip the kale off the ribs using a kale and greens stripping tool. Chop the kale using a mezzaluna or purchase prechopped kale.