



Rheumatoid Arthritis

# nutrition tool kit

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# 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](https://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 contain FODMAPS and gluten depending on the type 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)

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

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

# 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 flare. When you're feeling well, stock the pantry with healthy, shelf-stable foods, like the ones below, so you'll be prepared if a flare 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*

\*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
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Canned fruit packed in water</li> <li>• Dried fruit, no sugar added</li> <li>• Fresh fruit</li> <li>• Frozen fruit, no sugar added</li> </ul>	<ul style="list-style-type: none"> <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>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Beans and peas</li> <li>• Dark green vegetables</li> <li>• Red and orange vegetables</li> <li>• Starchy vegetables (corn, peas, white potato, sweet potato)</li> <li>• Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash and zucchini)</li> </ul>	<ul style="list-style-type: none"> <li>• Deep-fried vegetables</li> <li>• High FODMAP vegetables, if applicable- artichokes, garlic, onion, cauliflower, mushrooms, snow peas</li> <li>• Nightshades, if applicable- tomatoes, peppers, eggplant and white potatoes</li> </ul>
<b>Grains/Starches</b>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley*</li> <li>• Bean-based pastas</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Oatmeal</li> <li>• Wheat berries*</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>	<ul style="list-style-type: none"> <li>• White rice</li> <li>• Refined white flour products- bread, bagels, rolls, crackers, cereals, pasta*</li> <li>• Gluten containing foods, if gluten intolerant</li> <li>• High FODMAP grains, if applicable- rye, wheat, barley*</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Eggs</li> <li>• Fish</li> <li>• Poultry</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Processed and smoked meats (deli meats, jerky, hotdogs, sausages, and bratwurst)</li> <li>• Fried meats</li> <li>• Tough, high-fat meats</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Low-fat dairy (milk, yogurt, cheese, kefir) ∞</li> <li>• Plant-based milks (almond, cashew, coconut, soy)</li> <li>• Plant-based milk alternative yogurts (almond, soy, coconut)</li> </ul>	<ul style="list-style-type: none"> <li>• Full-fat dairy (cream, half and half, sour cream, ice cream) ∞</li> <li>• Lactose containing foods, if lactose intolerant</li> <li>• High FODMAP dairy items if applicable- cottage cheese, cow's milk, sheep's milk, and goat's milk, yogurt, ice cream and custard</li> </ul>
<b>Nuts/Seeds/Oils</b>	<ul style="list-style-type: none"> <li>• Plain, whole nuts</li> <li>• Plain seeds</li> <li>• Extra virgin olive oil</li> <li>• Canola oil</li> <li>• Unrefined coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Salted or sugar-coated nuts and seeds</li> <li>• Peanut oil</li> <li>• Sunflower oil</li> <li>• Soybean oil</li> <li>• High FODMAP nuts and seeds, if applicable- pistachios, cashews</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Kombucha (fermented tea)</li> <li>• Kvass (fermented beverage)*</li> <li>• Tea</li> <li>• Water</li> <li>• Plain or naturally flavored sparkling water</li> </ul>	<ul style="list-style-type: none"> <li>• High FODMAP beverages, if applicable- oolong tea, chamomile and fennel herb tea</li> <li>• Sugar sweetened beverages</li> <li>• Alcohol</li> </ul>



## food and symptom tracker

Date & Time		Food Eaten	Symptoms	Well-Being 
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				
				

Breakfast | Dinner

# Southwest Oat Bowls

**5-10 Mins**  
Prep Time

**7 Mins**  
Cook Time

**4**  
Servings

**239 Calories** **9g Fat** **28g Carbs** **13g Protein**

## Ingredients

**4 Servings** **12-15 Mins Total Time**

**Allergens:** Eggs, Gluten

2 Cups Low-Sodium Vegetable Broth

½ Tsp Chili Powder

¼ Tsp Ground Cumin

1 Cup Rolled Oats

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

½ Avocado, sliced

¼ Cup Fresh Pico de Gallo or Salsa

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

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.

## Instructions

### 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](http://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

**8**  
Servings

**256 Calories** **15g Fat** **30g Carbs** **5g Protein**

## Ingredients

8 Servings • ½ Cup Serving Size

22 Mins Total Time Allergens: Gluten, Nuts

2 Cups Old Fashioned Rolled Oats

½ Cup Raw Walnuts

½ Cup Raw Almonds

½ Tsp Fine-Grain Sea Salt (scale back if using table salt)

½ Tsp Cinnamon

¼ Cup Vegetable Oil

¼ Cup Honey

1 Tsp Vanilla Extract

½ Cup Dried Cherries

### Allergen Swap

**Gluten** Choose certified gluten-free oats

**Nuts** Replace nuts with sunflower seeds or pepitas



### Nourishment Note!



#### Rollled 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.



#### Cinnamon

Cinnamon may help lower inflammation within the body.



#### 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.

## Instructions

### 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](http://cookieandkate.com)

## What You'll Need



Large Mixing Bowl



Spoon



Measuring Cups



Measuring Spoons



Baking Sheet



Parchment Paper



Spatula

### 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

**6**  
Servings

**445 Calories** **26g Fat** **47g Carbs** **12.5g Protein**



## Ingredients

**6 Servings** **30 Total Time** **Allergens: Soy, Nuts**

Bowls	
1 ½ Cups Brown Rice	¼ Cup Reduced-Sodium Soy Sauce
1 Tsp Olive Oil	¼ 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
¼ Cup Fresh Cilantro, chopped	
Optional Choice of Protein: Cubed Tofu, Cooked Shrimp, or Cooked Chicken	
Allergen Swap	
Soy Coconut Aminos	Nuts Tahini, Sun Butter®

### Nourishment Note

**Brown Rice**  
Brown rice is a whole grain and an excellent source of B vitamins and fiber.

**Ginger**  
Ginger has a variety of health benefits, including being a powerful anti-inflammatory as well as an antioxidant.

**Peanut Butter**  
Peanut butter is a good source of protein and high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.

**Red Pepper**  
Red pepper provides folic acid, a nutrient that may help to grow new and healthy cells.

## Instructions

### 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](https://www.cookieandkate.com)

## What You'll Need



2 Sauce Pans



Spoon



Measuring Cups



Measuring Spoons



Can Opener



Cutting Board



Knife

### 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

**4**  
Servings

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



## Ingredients

**4 Servings** • **¼ Cup Serving Size** **35 Mins Total Time** **Allergens: Dairy**

3 Tbsp Grass-Fed Butter

2 Bunches Lacinato Kale, stripped from the rib & chopped

½ 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



#### 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.



#### 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 anti-inflammatory response.



## Instructions

### 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



Measuring Cup



Measuring Spoons



Cutting Board



Knife



Deep Skillet



Tongs

### 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 pre-chopped kale.