



- SINCE 1967 -

*Freedom from
Arthritis*

Arthritis & Weight Loss with Diet!

Presented by Arthritis NSW and Arthritis Queensland

Supported by  **fisiocrem**TM



This presentation contains general information and advice. Every effort has been made to ensure that the information is accurate and reliable. The content of this presentation is not a substitute for the individual treatment advice of your doctor or health professional. Always consult your doctor or healthcare provider to obtain individual medical or treatment advice.



- 1 The relationship between Weight and Arthritis**
- 2 Benefits of maintaining a healthy weight**
- 3 Tips for weight loss**
- 4 How to read nutrition panels**
- 4 Lots of healthy TIPS on how to eat well and make healthier choices!**

QUESTION TIME



DOES BEING
OVERWEIGHT
CAUSE
ARTHRITIS?

DOES BEING
OVERWEIGHT
MAKE
ARTHRITIS
WORSE?

The answer is...

YES AND NO.....

THERE IS A STRONG LINK BETWEEN ARTHRITIS & CARRYING EXCESS WEIGHT...

- Risk of developing OA is higher
- Risk for potentially developing RA higher
- Severity of symptoms & disease activity may be higher
- Risk of surgical complications after joint surgery
 - Longer healing time
 - Risk of infection
 - Increased risk of dislocation
 - Worse functioning of the joint



DID YOU KNOW...

For every 1 kg increase in weight across a joint the force is increased by 4kg

THEREFORE

↓ weight = ↓ force across a joint

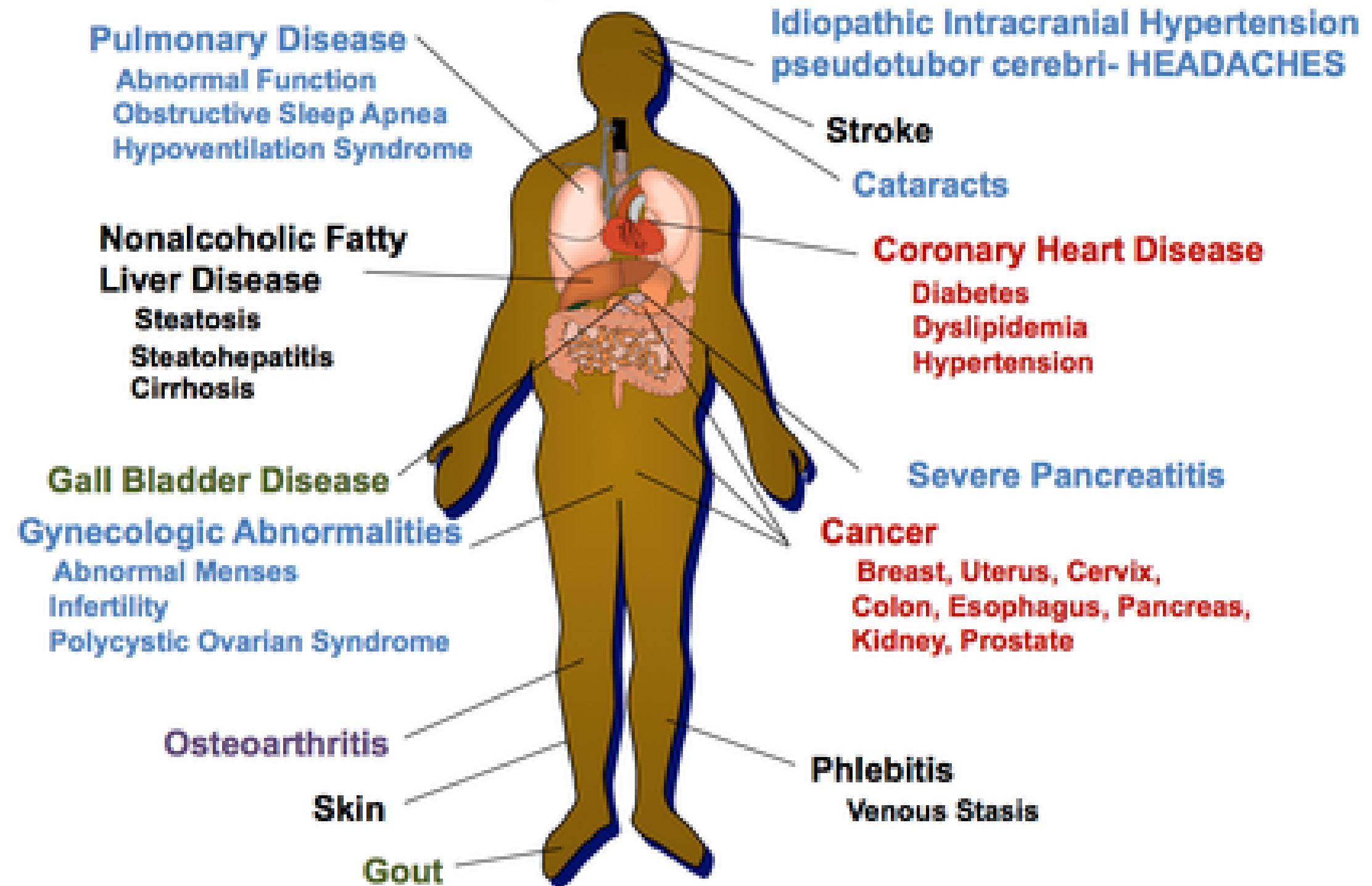
or

30% improvement in joint pain and function after losing 5% of their body weight

OTHER WAYS EXCESS WEIGHT CAN MAKE SYMPTOMS WORSE...

- Fat tissue produces **pro-inflammatory chemicals and hormones** which contribute to severity of arthritis...
- High levels of cholesterol, blood glucose, and inflammatory biomarkers such as **C-reactive Protein, Interleukin-6 (IL-6)** have a similar effect on cartilage.
- Some hospitals, surgeons, and insurance companies will not recommend surgery due to increased risk of complications

Medical Complications

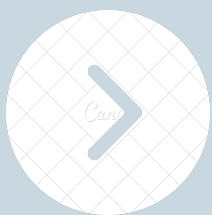




So, in fact...

Carrying excess weight may place more load on joint, thus contributes to severity of arthritis

Overweight or obese pre-surgery patients, who need pain alleviation and functional improvement, will need to work with a surgeon, and other physicians who specialize in weight loss to optimize surgical outcomes.



Benefits of Weight Loss

- 1. Reduces pressure on the joints & Improves function**
- 2. Reduces inflammation & pain**
- 3. Joint surgery benefits**
- 4. Prevention of worsening arthritis**



HOW TO ACHIEVE WEIGHT LOSS

KILOJOULE 'CALORIE' CONTROL

Energy in VS
Energy Out

MORE WHOLEFOODS

Fruits, Vegetables,
Wholegrains, Low
Fat Dairy, Good
Quality Proteins,
Nuts & Seeds

REDUCE JUNK FOOD

Remove Saturated
& Trans Fats, Added
Sugars, Excess
Sodium

MOVE MORE

Exercise & Physical
Activity

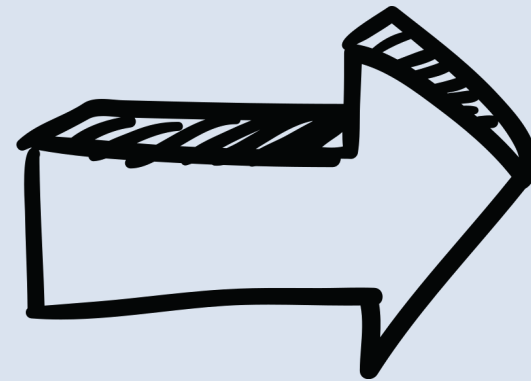
KILOJOULE CONTROL

To maintain body weight, your energy intake should equal your energy output.

The amount of energy an individual requires each day depends on how active you are, how old you are and your body size.

The table below is a guide to the estimated daily energy requirements for an 'average' person with low level of physical activity (e.g. sedentary work such as office work, and no strenuous exercise).

KJ TARGETS



19-30 years	10300*	8400 [^]
31-50 years	9900*	8000 [^]
51-70 years	9100*	7600 [^]
Adults over 70 years	8300*	7200 [^]

8000 KJ'S



~8000kJ



8000kJ



8000kJ



8000kJ

1 DAY VS 1 MEAL

TIPS FOR CONTROLLING KILOJOULE INTAKE

Work with a dietitian or weight loss specialist to

- **Set a daily Kilojoule target**
- **Set a maximum kilojoule target**
- **Learn how many Kilojoules your favourite foods have**
- **Use an app like myfitness pal or easy diet diary, OR a food diary to monitor your Kilojoule intake**
- **Swap discretionary foods for low Kilojoule options**
- **Visit the Eat for Health Website!**

Be Kilojoule Wise!

PORTION CONTROL TIPS

- Measure out ingredients
- Be mindful of portion sizes
- Use smaller plates
- Try smaller, more frequent meals
- Aim for 2-3 different colored veggies on your plate.
- Go for 2 (fruit) and 5 (veggies) a day.



DAILY RECOMMENDATIONS

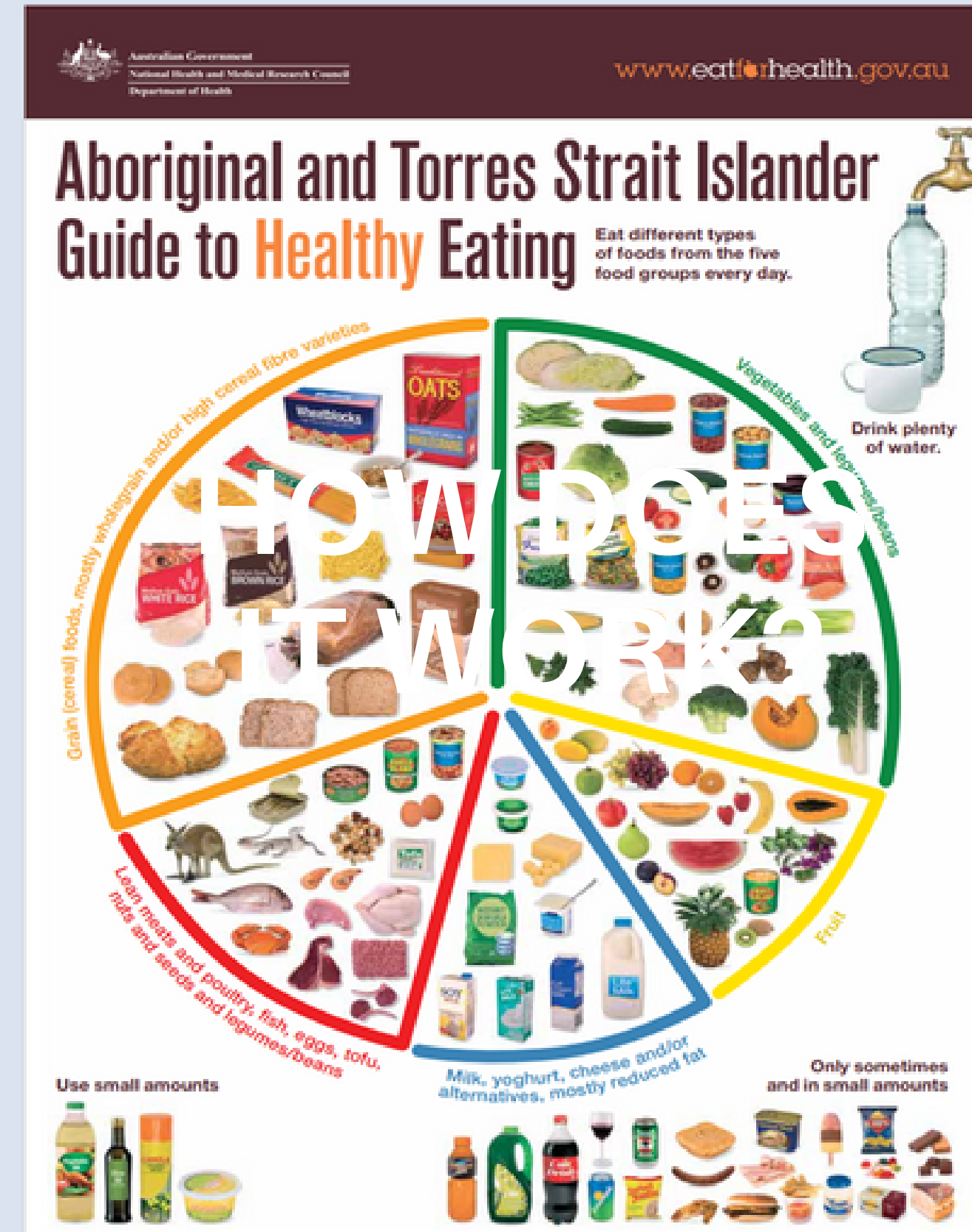
5+ serves Veggies

Up to 2 serves of fruit

**2-3 serves of
dairy/dairy
alternatives**

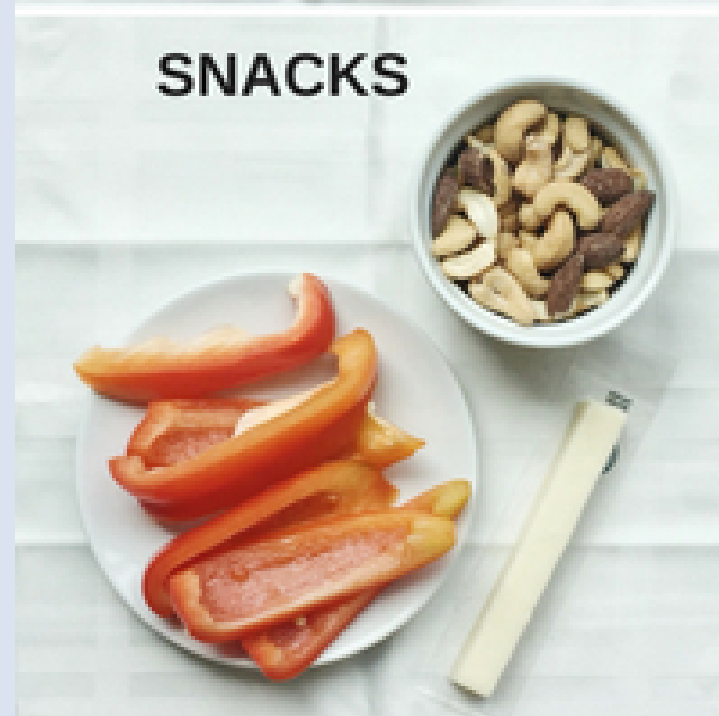
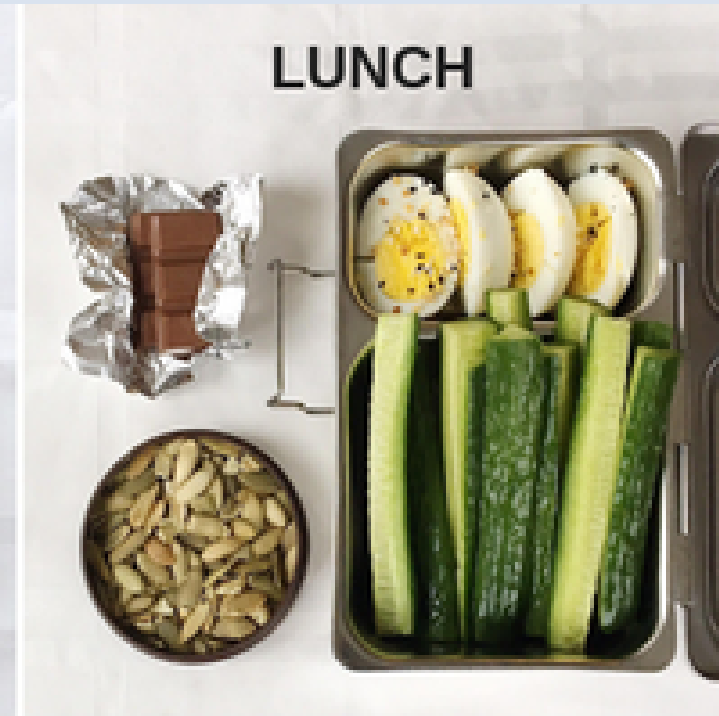
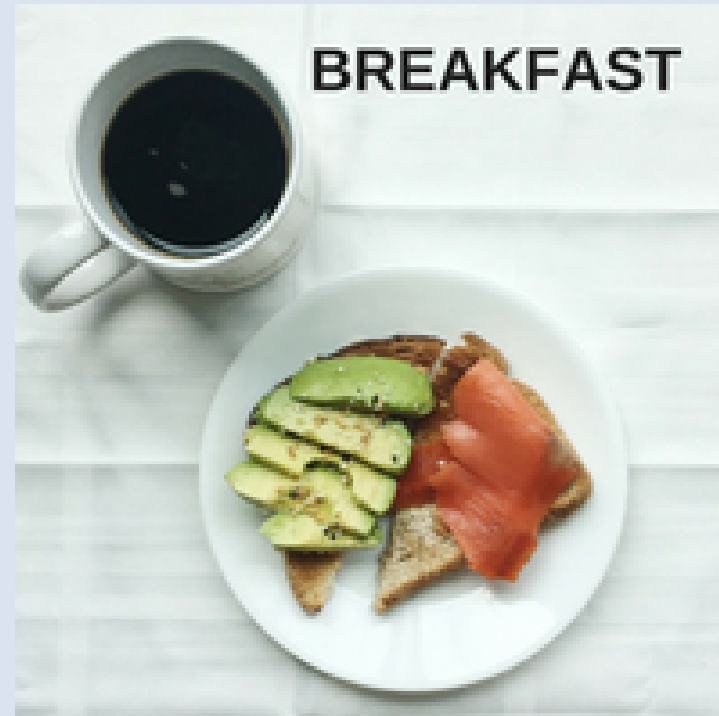
**4-6 serves of
wholegrains/cereals**

2-3 serves of protein



HOW DOES IT WORK?

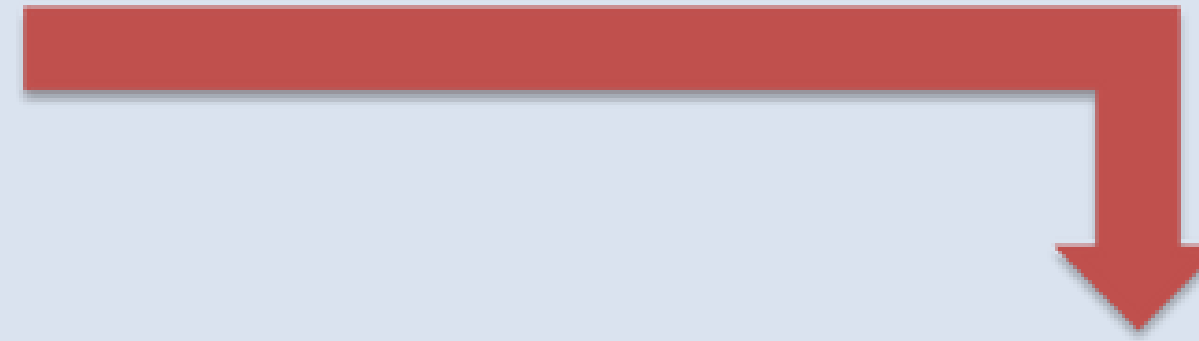
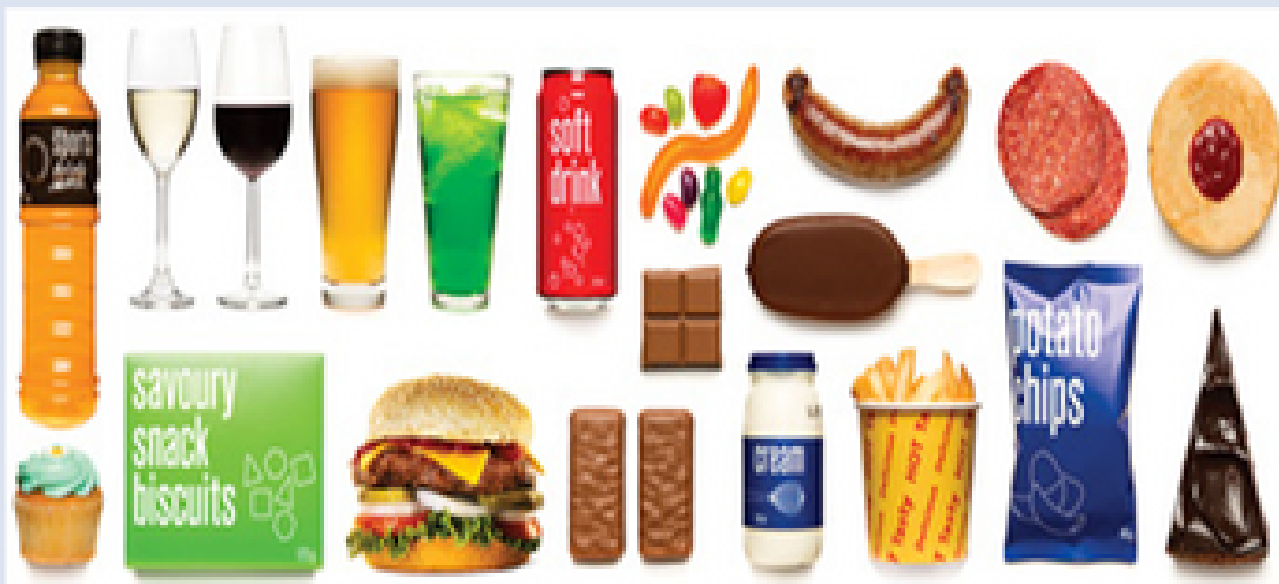
EXAMPLE: DAILY MENU



REDUCING JUNK FOOD

Foods to avoid (most of the time)

- Refined carbohydrates, such as white bread, cakes, pastries, most 'junk foods'
- Chips and fried foods
- Soft drink
- Alcohol
- Processed meats
- Margarines, lard.



Increase inflammation

Contribute to weight Gain

Alcohol can reduce effect of medications

Replaces the intake of healthy foods!

Hormonal Imbalances

HOW TO UNDERSTAND FOOD LABELS

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%, sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

& HEALTH STAR RATINGS



MEDITERRANEAN DIET

There are numerous studies that demonstrate the effectiveness of the Mediterranean Diet and reduced risk of chronic disease

MD is characterised by high consumption of fruit, vegetables, legumes, nuts, seeds and cereals; greater intakes of fish and seafood (omega fats); moderate consumption of dairy products, poultry and eggs; as well as frequent, but moderate, intake of red wine and olive oil

Rich in polyphenols and anti-oxidants which prevent inflammation and cartilage destruction



TIPS FOR IMPLEMENTING A MEDITERRANEAN DIET

- ✓ Try to use EVOO as main added fat
- ✓ Aim to have vegetables in every meal
- ✓ Use herbs/spices
- ✓ Try to eat Legumes 2x per week
- ✓ Fish & Seafood 2x per week
- ✓ Aim to eat chicken and meat less often
- ✓ Swap for wholegrain sourdough breads
- ✓ Aim to have fresh fruit every day
- ✓ Include fermented dairy products
- ✓ Include 1-2 handfuls of nuts every day
- ✓ Wine in moderation



BUILDING MOTIVATION

You've got what it takes but commitment is key.

When you set your goals, make sure they are

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely

'Instead of aiming for 30kg weight loss, aim for 5-10kg and then once you've reached your goal, re-evaluate and aim for another 5-10kg'



GOAL SETTING

The behavior I want to work on is:

Eat more fruit!

How can I make this behavior a SMART goal

I will eat one serving of fruit at lunch 5 times this week!

How will I track my progress?

I will write down when I eat a fruit in a food diary!

My reward for achieving my goal will be?

I will buy that new cookbook I have wanted for ages!



TIPS FOR GOAL SETTING



Set 1-3 goals at a time.

Too many goals at once can make it harder for you to achieve them.

Record and track your progress

Keep yourself accountable.

Plan ahead.

Be prepared for obstacles, what could make it hard for your to achieve your goals.

...and celebrate your successes, no matter how small!

MONITORING PROGRESS

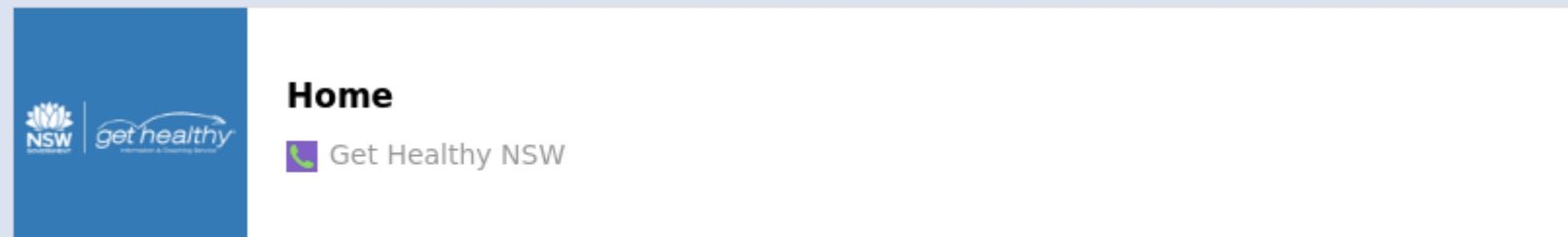
Measuring your health goals and monitoring your weight on the scales are one way to track progress, but you can also monitor your progress through:

- Fitness level
- Waist to hip ratio
- Medication
- Clothing size
- Goal achievement
- Exercise level
- Dietary improvements
- Quality of life
- Blood pressure



SOME GREAT RESOURCES

NSW Get Healthy Program



Eat for Health



Nutrition Australia



To inspire and empower healthy eating for all Australians

To inspire and empower healthy eating for all Australians on Nutrition Australia...

 Nutrition Australia /

THANK YOU!

Questions?

Please send in any feedback, questions to requests to:

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Call us on 1800 011 041

THANK YOU!

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