

Dropping a few pounds can help reduce pain



If you're overweight, one thing you can do to ease stress on your knees and hips—and to help reduce arthritis pain—is lose a few pounds. You don't have to lose a lot to feel a difference.

Consider this: For every 1 pound of weight you lose, you take 4 pounds of pressure off your knees.

You don't need to go hungry trying to lose weight

Choose foods that have a higher water content—such as fruits, vegetables, cooked grains, soups and stews—and lower fat. You can have a bigger meal for the same calories.

The examples below show you some ways to do this.

320 calories sandwich two ways:

Half of a bologna and cheese sandwich



VS.



Improvement: Used light bread containing no corn syrup and more fiber. Replaced high-fat bologna and cheese with reduced-fat ham and cheese. Added vegetables. Replaced mayo with mustard.

397 calories salad two ways:

1 small conventional chicken Caesar salad



VS.



Improvement: Used lower fat Caesar dressing and less cheese. Added more vegetables. Replaced croutons with high-fiber pita.

If you see it, you'll eat it

Adults and children tend to eat more when they're served bigger portions, studies show. To eat healthy, you have to understand how big a serving really is.

What does a portion look like?



Meat (3 oz) = deck of cards



Fish (3 oz) = checkbook



Fruits/vegetables = tennis ball



Butter (1 tsp) = postage stamp



Bagel = hockey puck



Salad dressing (2 Tbs) = 4 soda capfuls



Peanut butter (2 Tbs) = ping pong ball



Pancake = DVD



Cooked pasta/potato/rice (1/2 c) = small fist

Talk to your healthcare provider before making any changes in diet, exercise, or medication.

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Recommended by doctors for arthritis pain more than any other brand of pain reliever