

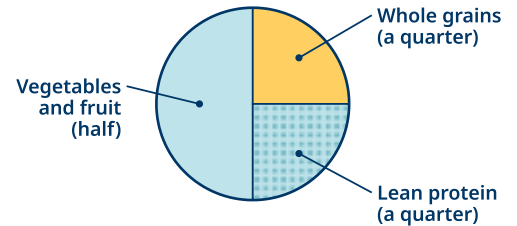
Anti-inflammatory nutrition & weight management

What it is

What you eat can affect your weight and swelling in the body. Extra weight puts more stress on the back, hips and knees. Small, steady changes may help.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

A simple plate guide



Half vegetables and fruit, a quarter each grains and protein

It may help with

- Osteoarthritis
- Knee Arthritis
- Arthritis
- Low Back Pain

Self-care tips

- Change one thing at a time, such as swapping soda for water or adding one vegetable to dinner.
- Fill half your plate with vegetables and fruit, a quarter with lean protein and a quarter with whole grains.
- Ask before starting supplements. Some interact with blood thinners or other medicines.
- Aim for slow, steady weight loss. Your primary care provider or a registered dietitian can help you plan safely.

How to start

Week 1: drinks: Swap one sugary drink a day for water, unsweetened tea or coffee, or sparkling water.

Week 2: half the plate: At one meal a day, fill half your plate with vegetables and fruit.

Week 3: smarter fats and protein: Have fish, beans or nuts in place of processed or fried meat two or three times this week, and cook with olive oil.

Week 4: whole grains: Switch white bread, rice or pasta for whole-grain versions at a few meals.

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/nutrition-weight/



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