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Arthritis symptoms: Eating THIS twice a week could help painful joints

ARTHRITIS is a painful condition affecting the joints, but eating fish - or taking an omega-3 supplement - on a regular basis could reduce symptoms.

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Oily fish: It's rich in brain-boosting omega-3

Eating oily fish one to two times a week can prevent or help existing arthritis, according to research.

Examples of oily fish include salmon, herring, sardines and mackerel.

It's because they're rich in omega-3 fatty acids which protect both the heart and brain. While fish, such as cod, are less rich in the nutrient, but do contain some...

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Arthritis prevention: You should eat up to two portions of oily fish a week

Indeed, a 2013 study published in journal *Annals of Rheumatic Diseases* found that eating at least one portion of oily fish a week could have halve rheumatoid arthritis risk. It's though that omega-3's anti-inflammatory properties helps combat the joint disorder.

Paul Chamberlain, Head of Nutrition at Solgar,

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Paul Chamberlain, Head of Nutrition at Solgar, said: "Omega-3 family of fats play an important role in controlling inflammatory processes in the body.

"Hence those with any kind of 'itis' will often benefit from eating more omega-3 rich foods.



Omega 3 deficiency: Sometimes supplements can be more convenient

"Research also suggests that omega-3 fatty acids reduce the expression of cartilage-degrading enzymes, cyclooxygenase-2 and inflammatory cytokines that are involved in the progression of joint disorders."

Rheumatoid arthritis is one of the most common types of arthritis, alongside osteoarthritis and [psoriatic arthritis](#).

The researchers from the 2013 study suggest that fish oil supplements may also be beneficial.

Chamberlain said: "Many people do not eat the recommended one to two portions of oily fish per week meaning they may lack omega-3 in their diet."



White fish. Cod contains smaller amounts of omega-3 than oily fish

This means that taking supplements may be an easy way to get the protective joint benefits.

The Arthritis Foundation recommend choosing fish oil capsules with at least 30 per cent EPA and DHA - the active ingredients - for arthritis-related conditions.

If you're vegetarian, there are other dietary sources.

"Chamberlain added: "As well as oily fish, omega-3s are derived from some nuts and seeds such as walnuts and flax."