



## Are Night Shade Vegetable bad for your Joints?

### According to WebMed DON'T Avoid Nightshade Vegetables

Tomatoes, white potatoes, peppers, and eggplants are sometimes called “nightshade” veggies. Some people say they have less joint pain and inflammation when they stop eating nightshades, but research hasn't shown this. Take tomatoes, for example. They have lycopene and vitamin C that help curb inflammation. Chili peppers also have benefits.

**Rather Keep It Simple** Although no diet is proven to cure or treat psoriatic arthritis, rheumatoid arthritis, or other inflammatory conditions, you can choose foods that will help with it. Go for items that haven't been highly processed. You want ones that are still close to their natural state.

**DO Look Beyond Refined Starches ( say no to white grains, yes to whole )**

**Look at Sugar, DON'T Overlook Sugar Take a look at the labels and add it up.**

**DO Go Lean** Too much fat in your steak, pork, and lamb can promote inflammation. So can processed red meats like bacon, sausage, and hot dogs. Saturated fat might be one of the reasons for that. Look for lean protein.

**DON'T Shy Away From Fatty Fish** Eat two servings a week, particularly salmon, sardines, mackerel, and tuna.

**DON'T Pass Up Cocoa**

It has flavonoids, which are nutrients that may curb inflammation. To get cocoa in its best form, avoid it in highly sweetened, processed foods (like cookies).

**Do Love Your Lentils**

Whether red, green, black, or brown, these seeds are a great source of fiber.

**DON'T Go Overboard With Olive Oil** Staple of a good-for-you Mediterranean diet. But it's also high in calories, Extra virgin versions have a natural chemical called oleocanthal, which shares similar properties with the anti-inflammatory drug ibuprofen. Nuts, avocados, and olives are other “good” fats you can enjoy in moderation.