

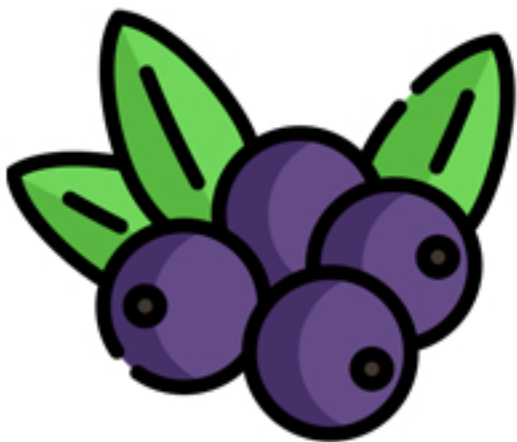
# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## Healthy Knees – Food for Thought

Just as exercise is food for healthy knees, so too are the foods you eat. Check out this list of foods that promote joint health:



### **RICHLY COLORED FRUITS**

cherries, blueberries, blackberries, and pomegranate seeds are all touted for their anti-inflammatory benefits.



### **DARK GREEN LEAFY VEGGIES**

broccoli, Bok choy, collard greens, and kale are rich in antioxidants, beta-carotene, and Vitamin C, as well as calcium, which keeps bones strong.



### **SEEDS, NUTS, GRAINS, AND OILS**

oatmeal, brown rice, flaxseeds, canola oil, and walnuts are high in Omega-3 fatty acids which counter inflammation.



### **SPICES**

turmeric, cinnamon, and ginger are known to be inflammation fighters, with turmeric specifically studied to help ease achy knees.



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