

food and weight



- 1 There is **no good research** suggesting that **eating or avoiding particular foods** or following a **specific type of diet** will affect your psoriatic arthritis.
- 2 **What is more important to help your psoriatic arthritis is your weight.** If you are overweight or obese, you are more likely to develop psoriatic arthritis. Excess body fat, especially around the waistline, may cause the body to produce more inflammation. **Being a healthy weight is linked to less pain and better functioning.**
- 3 Being overweight can **affect how well some treatments are able to control your psoriatic arthritis.** To **lose weight** you need to change your **current eating habits**, especially if you find it **hard to keep active.**
- 4 Maintaining a **healthy weight** and staying lean and muscular is not easy. Aim to make long-term changes to your diet and strengthen your muscles. By eating a **healthy balanced diet** and **cutting down on certain foods and drinks, and keeping active**, most people find they can preserve muscle strength whilst reducing their overall body fat. **Seek support from your healthcare team** and find **free online resources** to help you.



my food plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“Lots of people I know with arthritis have weight problems. I struggle to keep my weight down and I sat in the chair more because I was in too much pain to exercise. I comfort ate ‘junk food’ because I was so tired and stressed. I decided to start eating a healthy balanced diet rather than worry about my weight. Since I changed what I eat my arthritis pain has improved and I have even lost a small amount of weight!”

