

8 Foods to Help You Stay Senior Savvy



Medical disclaimer:
The following information is for educational purposes only, and does not substitute for professional medical advice. The YMCA of Long Island recommends you consult a medical professional or healthcare provider if you're seeking medical advice, diagnoses, or treatment.



Joint Healthy Foods

Cherries



The tartness of cherries assist in halting the process of inflammation & reduces gout flair ups!

Consult with a healthcare professional before starting any diet, supplement or exercise program.



Joint Healthy Foods

Tumeric


Turmeric is rich in curcumin which has anti-inflammatory properties and can help ease knee pains

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Joint Healthy Foods

Kale

A close-up photograph of a white bowl filled with fresh, curly kale leaves. The leaves are vibrant green and appear to be lightly dressed with a dark liquid, possibly olive oil. The background is a solid teal color.

Kale is high in
vitamin C,
beta-carotene
and calcium for
strong bones

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Joint Healthy Foods

Oatmeal

Whole grains
like oatmeal &
cheerios are
great to lower
your
inflammation
levels!

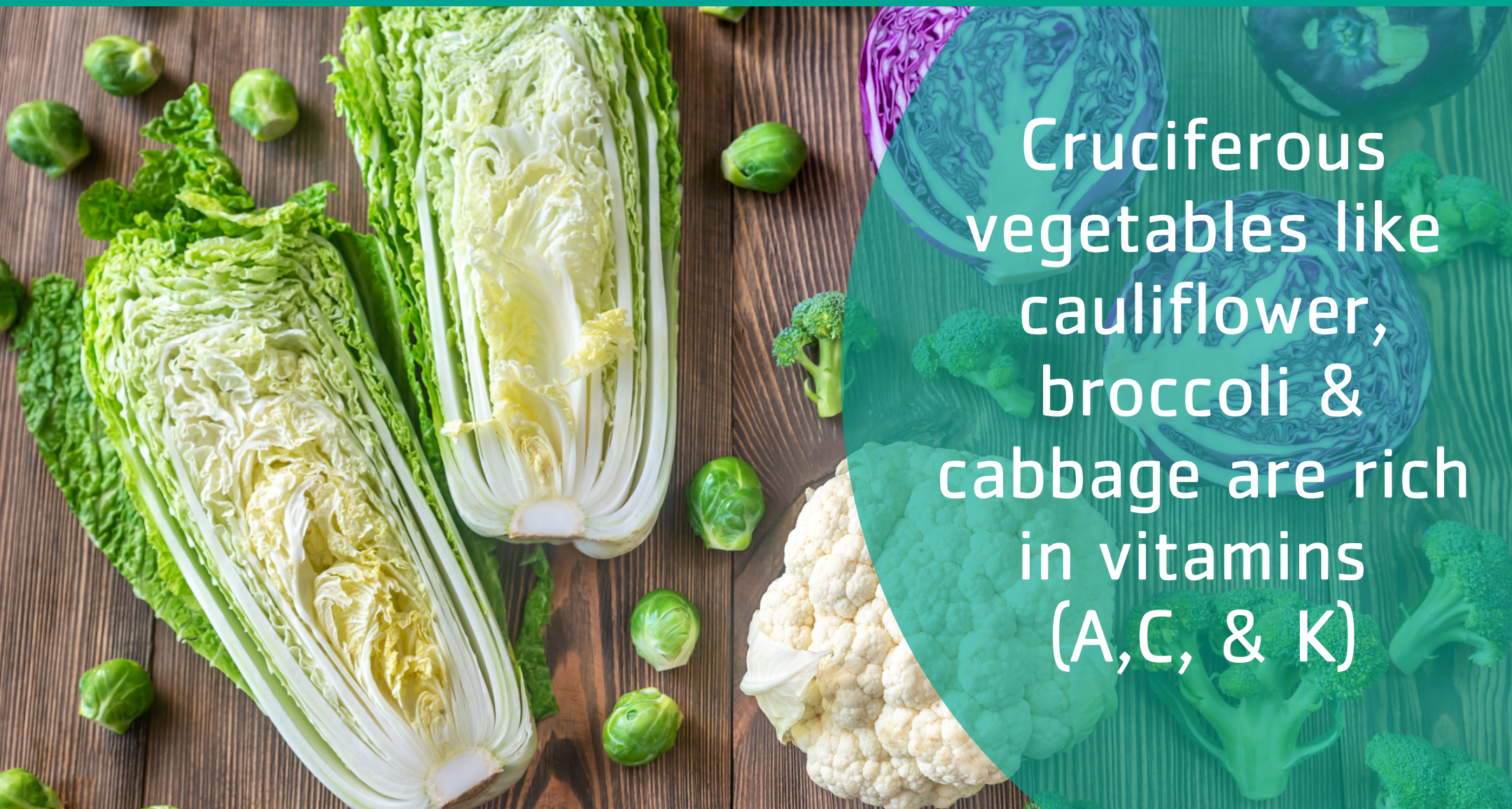


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Joint Healthy Foods

CRUCIFEROUS VEGGIES



Cruciferous vegetables like cauliflower, broccoli & cabbage are rich in vitamins (A, C, & K)

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Joint Healthy Foods

DARK CHOCOLATE

Dark
chocolate
helps reduce
soreness &
inflammation
of the joints

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Joint Healthy Foods

PINEAPPLE



Pineapple has a natural and effective property that reduces pain to help reduce Osteoarthritis & Rheumatoid Arthritis

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