

Eat fatty fish or leafy vegetables to avoid rheumatoid arthritis

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It may be good to eat fatty fish like salmon or vegetarian equivalents like walnuts or leafy vegetables or flaxseed oil over a long period of time (10 years or more) regularly and prevent the risk of rheumatoid arthritis.

This was revealed by a study of more than 32,000 women in Sweden, over three decades, reported in the journal, *Annals of the Rheumatic Diseases*. Scientists who conducted the study found that women who were consuming fatty fish such as salmon once a week or four servings of lean fish like cod, regularly for more than 10 years, showed 50 per cent less chances of developing rheumatoid arthritis.

They believe that the beneficial effects were due to the presence of Omega 3 PUFA or Omega-fats or n-3 fats in the fish. The same Omega-e fats are also available in plenty in leafy vegetables, walnut , vegetable oils, flaxseed oils etc.

The study involved review of dietary habits and data of women born between 1914 and 1948. Their dietary habits were studied at regular intervals. The final analysis was done between 2003 and 2010.

Of the 205 people in the study group who developed rheumatoid arthritis, the dietary analysis revealed that 27 per cent of them had an intake of less than 0.21 gram of Omega-3 PUFA. Those who consumed more than this amount (equivalent to a weekly once serving of salmon) had less than 52 per cent risk of developing rheumatoid arthritis.