

Pain and Nutrition – Part 1

Healthy Eating Effects Persistent Pain:

- What you eat can have a big impact on how you feel **physically, mentally** and **emotionally**.
- Eating an anti-inflammatory (Mediterranean) diet high in healthy fats, lean proteins and **plant-based foods** can be beneficial for people living with pain.
- Research has shown that this diet can help to **improve** your **pain levels**, your mood, your sleep, your digestion, your immune system, your nervous system and your energy levels.

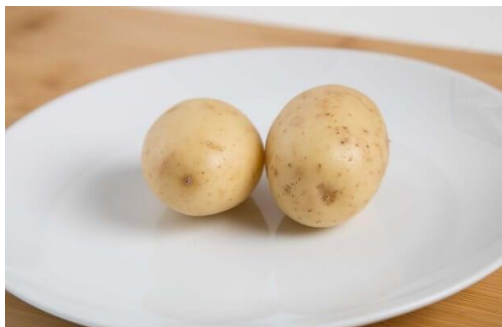


Healthy Eating Effects Persistent Pain:

- Losing weight or maintaining a healthy weight reduces the load on the joints and **reduces inflammation** in the body.
- Both diet and weight are also influential factors for other chronic diseases such as cardiovascular disease, diabetes and poor mental health.
- Maintain **balance of microbiome** (the collection of all microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us.).



Healthy Eating Effects Persistent Pain: Portion Sizes



Healthy Eating Recommendations

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

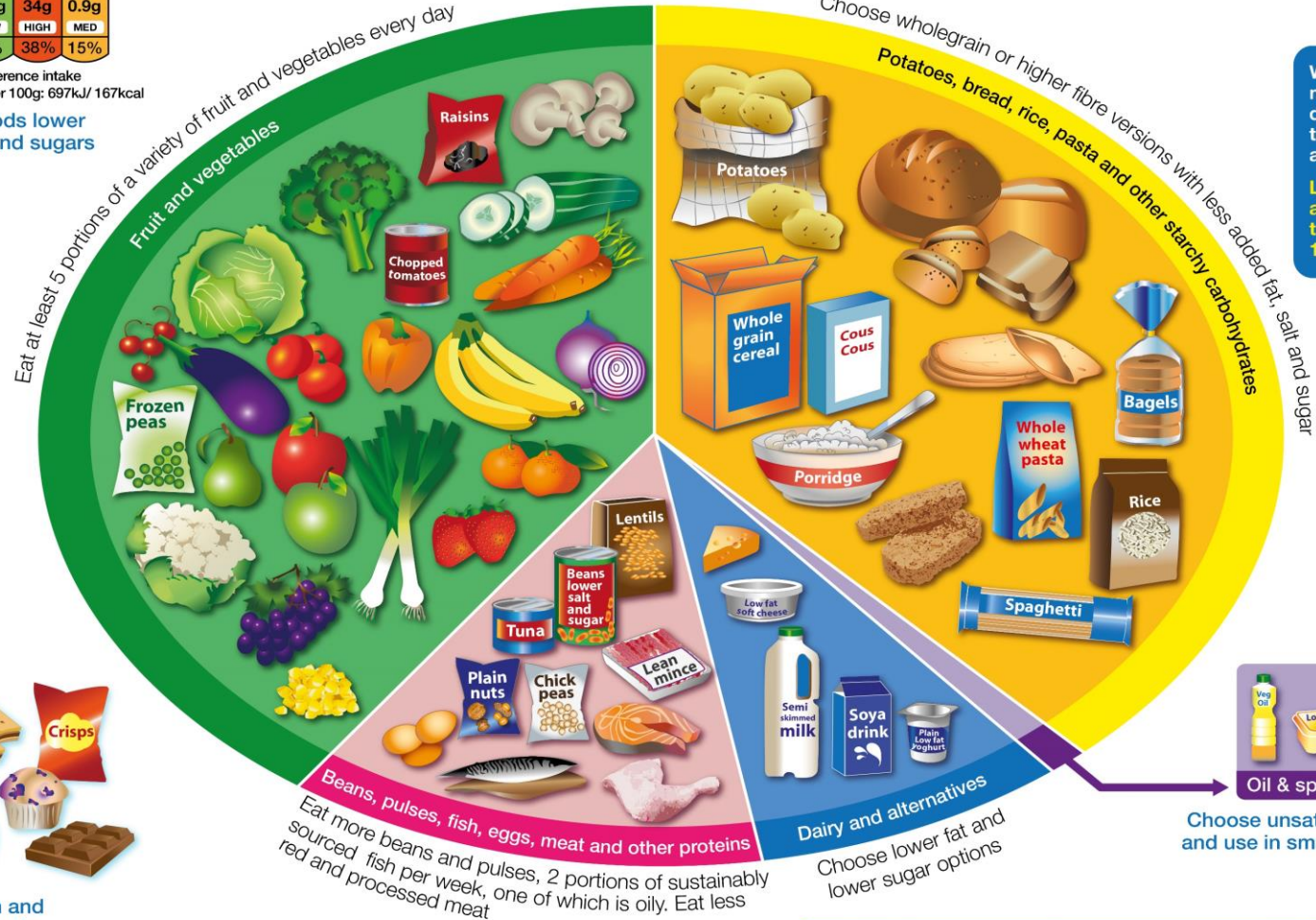
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Tips for Nutrition and Pain Management

Fruit and Vegetables (5 a day)

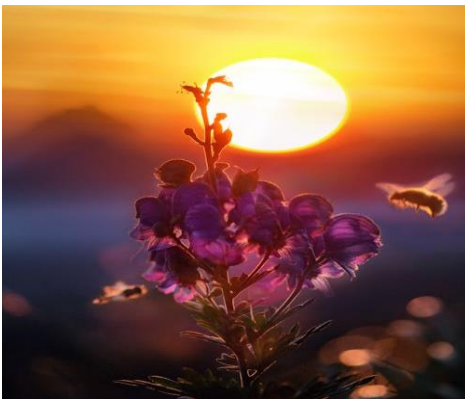
- ✓ **Antioxidants** (polyphenols) which can protect the body from cancers, heart disease, stroke, type 2 diabetes, cure and fight inflammation.
- ✓ **Fibre (prebiotic)** – feed good bacteria in microbiome and to promote a good digestive system. (30g daily)
- ✓ **Vitamins** and **minerals** which the body needs to maintain healthy skin, teeth, hair and nails.
- ✓ **Boosts energy** levels, **mood** and overall health.



Tips for Nutrition and Pain Management

Vitamins and Minerals

- **Vitamin D** – low levels associated with muscle pain, bone pain, muscle weakness and fatigue.
- **Vitamin B12** is involved in neurological processes related to pain – nerve regeneration/ insulation.
- **Magnesium** reduces symptoms of muscle spasms, inflammation and neuropathic pain.



Tips for Nutrition and Pain Management

Good Quality Carbohydrates

- **Wholegrain Carbohydrates** e.g. wholegrain bread, rice, pasta and cereals are fibre rich (lower GI);
- Help to keep the **blood sugars stable**, our digestive system healthy, keeps us feeling fuller for longer and **feeds good bacteria**.
- **Reduce Refined Carbohydrates** sugars/starches that don't exist in nature and have been processed.



Refined Carbohydrates:

High Fructose Corn Syrup, Crackers, Cookies, Muffins, Pies, Bagels Pastries, white bread, rice and pasta.



1575 Kcal
Low Energy Density

Tips for Nutrition and Pain Management

Vitamin D



10-15 mins of
sunshine
recommended

Found in eggs, oily
fish, margarine,
some breakfast
cereals

Mediterranean Diet



FIBRE & WHOLEGRAIN CARBOHYDRATES

Wide range of fruit
and vegetables, olive
oil, proteins, herbs,
spices, nuts, seeds,
beans and
wholegrains

Breakfast



Avoid skipping
breakfast which
deprives the body
of nutrients, and
can lead to fatigue
and impaired
cognitive function

Nutrition and Persistent Pain

Diet is in your control!!!

Small changes can make a big difference!!!

There is no need to change everything all at once – focus on 1 thing

TASK – please complete “what I ate yesterday” sheet to record the number of portions of fruit and vegetables, carbohydrates and fluids and bring next week.

ANY QUESTIONS?

