

Pain and Nutrition – Part 1

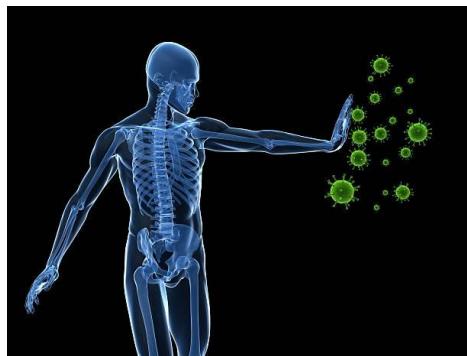
Healthy Eating Effects Persistent Pain:

- 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.

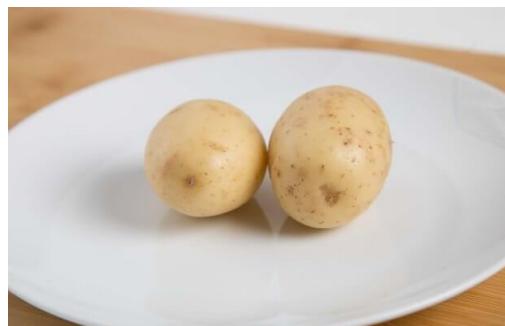


Healthy Eating Effects Persistent Pain:

- 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



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.

As we age, we need to eat foods that are high in nutrient density and low in energy density.



1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Used with permission from Dr. Barbara Rolls, Penn State University

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?

