

What to eat good for knee joints? 9 foods that are good for the knee should be supplemented

Knee joints are especially important to support the body. The structure is quite complex and composed of many different parts that the knee joint is prone to injuries. So how to take care of the knee joint? What to eat good for knee joints? Please refer to this article to get the answer!

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Understand the structure and role of the knee joint

Knee joint is located in the center of the junction and connects the three main axes: the femur, patella and shin bone to support the weight of the whole body.

The knee joint acts as a hinge, thanks to the complex combination of tendons, muscles, ligaments, cartilage and joint, so it is also a vulnerable part and needs to be protected. especially.

To avoid diseases related to this area, you should note:

1. Avoid poses that are harmful to the knee joint such as squatting, kneeling, heavy lifting .
2. Should wear shoes with moderate heels should not go too high
3. Keep your knees warm especially in the winter
4. Choose shoes that fit your feet so you can stay in good balance
5. Pay attention to your diet, eat lots of food that is good for your knee joint.

Foods that are good for the knee joint

1. Fish and fish oil

A study conducted by scientists from many universities, hospitals in Australia and Tasmania in 2 years on 200 patients with an average age of 60 showed that people who take fish oil regularly in moderate doses can Knee pain is doubled compared to those not taking or overdosing.

In addition, these people also have a significant improvement in mobility compared to before. This is because fish oil is high in omega-3s, which has a positive effect in reducing inflammation and pain in arthritis people.

2. Types of bones

Bone broth contains chondroitin and glucosamine - natural compounds found in cartilage. These compounds are great for helping cartilage to become stronger. In addition, these delicious dishes are tunneled from the ribs or ribs that also provide a rich source of calcium for the body.

3. Milk and milk products

This is one of the foods that can prevent the signs of bone aging. They contain a large amount of calcium, which promotes the process of creating and strengthening bones. Since then, helps the mucus in the joints is born, serving the needs of the body.

4. Nuts and seeds

Some nuts are high in minerals and vitamins, which help strengthen the immune system and immune system. From there, slow down the process of bone aging.

5. Fruit

These fruits not only provide lots of vitamin C that helps fight inflammation, but also helps stimulate cartilage cells to produce collagen, providing great protection for tendons, bones and cartilage.

What to eat good for knee joints?

Here are some foods that are especially good for knee joints.

1. Avocado

Avocado contains up to 20 vitamins and minerals including potassium, lutein, folate, vitamins C, B, and E.

They have been shown to protect cartilage from degeneration, promote the regeneration of degenerative intervertebral discs in the knee joint. In addition, they can slow down the growth of cartilage damage.



2. Shrimp

Glucosamine is a substance that improves degenerative intervertebral discs and helps maintain healthy knee joints. Glucosamine is found abundantly in shrimp, especially in the shell, which is a food that people with knee problems should supplement.



3. Onions

Onions contain quercetin which is considered a useful food for people with osteoarthritis pain. This ingredient in onions has strong anti-inflammatory properties, which help quickly relieve the pain and discomfort that knee pain causes.



4. Orange juice

The abundant vitamin C in orange juice plays a very important role for people with bone and joint diseases, to combat knee pain. In addition, vitamin C is also found in fruits like green peppers, grapefruit and strawberries.



5. Spinach

What to eat good for knee joints? The answer that many experts mention will certainly not lack spinach, also known as spinach. This vegetable contains many nutritious ingredients that help reduce inflammation and pain caused by knee degeneration. Besides, it also contains many antioxidants and beneficial compounds that help regenerate articular cartilage and boost immunity.



6. Garlic

People with knee osteoarthritis should regularly eat garlic to be able to limit degeneration and protect cartilage better. This is because garlic contains Diallyl disulfide, a substance that has the ability to fight enzymes that damage cartilage in the body. Also, garlic also contains many anti-inflammatory active ingredients, which can help improve the symptoms of pain. due to very good inflammation.



7. Ginger

Scientific studies show that fresh ginger can slow the inflammatory process caused by osteoarthritis. The results have been proved in 261 patients with osteoarthritis, when eating ginger regularly, about 63% of patients will improve symptoms of pain, inflammation and swelling. Therefore, if there is a problem of knee osteoarthritis, ginger should be added to the daily food.



8. Olive oil

A study in rats given olive oil continuously for 6 weeks showed the effectiveness of limiting the symptoms of degeneration, reducing swelling and preventing destruction of articular cartilage. Therefore, people with knee osteoarthritis should eat olive oil in the daily menu.



9. Broccoli

Broccoli contains a Sulforaphane compound that can slow down the process of knee osteoarthritis and minimize aches and pains.

Another animal study also showed that this vegetable can prevent and reduce the production of inflammatory substances, supporting the effective treatment of arthritis symptoms.



The above are suggestions for some good foods for the knee. If you are experiencing knee problems such as osteoarthritis, arthritis, and dry joints, please refer to adding them to your daily menu.

In addition, you should also refer to a number of supplements that support bones and joints to improve efficiency.

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