

## Knee Osteoarthritis

# BENEFITS OF WEIGHT MANAGEMENT

### SOME DEFINITIONS

**Diet** - is your overall pattern of eating

**Weight management** - the steady maintenance of your weight over time

**Weight loss** - reduction in body weight on the scales



There are no hard and fast rules that determine what you should be eating and what you should avoid



Recommendations for a healthy diet include a wide variety of foods from the five food groups every day;

- Vegetables, different types and colours
- Fruit
- Grains, mostly wholegrain
- Lean meats, eggs, tofu, nuts and seeds or legumes/beans
- Milk, yoghurt, cheese or alternatives

For more information visit:  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

A healthy diet can help manage a number of chronic conditions (e.g. osteoarthritis)

This is achieved through weight management and control of inflammation processes (both weight gain and inflammation are associated with osteoarthritis)



Moderation is advised when consuming foods containing saturated fat, added salt, added sugars and alcohol