



THE NEVER-ON-YOUR-PLATE LIST

The short, honest list of what is worth cutting when your joints ache — with the reason each one is on it, how strong the evidence actually is, and the swap that replaces it. No

- All nine entries, each with mechanism, evidence rating and
- The four foods the internet bans that you can keep eating
- The order to remove them in, easiest and most noticeable

9 FOODS ON THE LIST · 9 SWAPS · 17 PAGES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for arthritis or any other condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- A joint that is hot, red and suddenly swollen.
- Pain that is severe, or clearly worse week after week.
- Fever alongside joint pain.
- A joint that locks, gives way, or will not bear weight.

None of those are a stiff morning, and none of them are a job for a recipe.

WHAT IS IN HERE

How to read the list

Five lines per entry: what it is, why, how strong the evidence is, the swap, and the difficulty.

The nine

In the order worth removing them.

What is **NOT** on the list

Four things the internet bans without good reason.

Friday night

Eating out without undoing the week.

HOW TO READ THE LIST

Nine entries, not thirty. Each one gets the same five lines, and each one comes with a direct replacement — because removing without replacing is how a plan lasts nine days.

NO. 1 – SUGARY DRINKS

FORMULA FACTS		Entry 1 of 9
Sugary drinks		
AMOUNT PER SERVING		
Evidence strength		High
Difficulty to change		Low
The swap	Sparkling water with lemon, or	
Order to tackle it		1 of 9

Sustained blood-sugar spikes drive inflammatory signalling.

WHAT TO DO INSTEAD

Sparkling water with lemon, or the cherry tonic diluted.

NO. 2 – DEEP-FRIED FOOD

FORMULA FACTS		Entry 2 of 9
Deep-fried food		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Medium
The swap	Oven-roasted in olive oil at 2	
Order to tackle it		2 of 9

Repeatedly heated oils and the compounds that come with them.

WHAT TO DO INSTEAD

Oven-roasted in olive oil at 200°C.

NO. 3 – THE AFTERNOON SUGAR LOAD

FORMULA FACTS		Entry 3 of 9
The afternoon sugar load		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	Walnuts and berries (No. 13).	
Order to tackle it		3 of 9

Biscuits at four o'clock, every working day, for years.

WHAT TO DO INSTEAD

Walnuts and berries (No. 13).

NO. 4 – PROCESSED MEAT

FORMULA FACTS		Entry 4 of 9
Processed meat		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Medium
The swap	Tinned oily fish, or the macke	
Order to tackle it		4 of 9

Consistent association across large studies.

WHAT TO DO INSTEAD

Tinned oily fish, or the mackerel pâté (No. 22).

NO. 5 – EXCESS ALCOHOL

FORMULA FACTS		Entry 5 of 9
Excess alcohol		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Hard
The swap	Keep it, reduce it, and never	
Order to tackle it		5 of 9

Sleep disruption alone changes how a morning feels.

WHAT TO DO INSTEAD

Keep it, reduce it, and never on the night before a big day.

NO. 6 – REFINED SEED-OIL-HEAVY TAKEAWAY

FORMULA FACTS		Entry 6 of 9
Refined seed-oil-heavy takeaway		
AMOUNT PER SERVING		
Evidence strength		Limited
Difficulty to change		Medium
The swap	The ten-minute fish supper (No	
Order to tackle it		6 of 9

Less about the oil itself than what arrives with it.

WHAT TO DO INSTEAD

The ten-minute fish supper (No. 40).

NO. 7 – BREAKFAST CEREAL MARKETED AS HEALTHY

FORMULA FACTS		Entry 7 of 9
Breakfast cereal marketed as healthy		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	Overnight or baked oats (No. 0	
Order to tackle it		7 of 9

Often closer to a dessert than a breakfast.

WHAT TO DO INSTEAD

Overnight or baked oats (No. 05, No. 43).

NO. 8 – LOW-FAT FLAVOURED YOGHURT

FORMULA FACTS		Entry 8 of 9
Low-fat flavoured yoghurt		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	Plain yoghurt or kefir with be	
Order to tackle it		8 of 9

The fat comes out, the sugar goes in.

WHAT TO DO INSTEAD

Plain yoghurt or kefir with berries.

NO. 9 – EATING NOTHING UNTIL MIDDAY

FORMULA FACTS		Entry 9 of 9
Eating nothing until midday		
AMOUNT PER SERVING		
Evidence strength		Limited
Difficulty to change		Low
The swap	Kefir glass (No. 17). Three mi	
Order to tackle it		9 of 9

Not a food, but it shapes everything that follows.

WHAT TO DO INSTEAD

Kefir glass (No. 17). Three minutes.

WHAT IS NOT ON THE LIST

Four things the internet removes routinely, with little or nothing behind it.

NIGHTSHADES

Tomatoes, peppers, aubergine. The claim is popular; controlled evidence is essentially absent.

GLUTEN, IF YOU DO NOT REACT TO IT

A real problem for coeliac disease. Not a general joint intervention.

DAIRY

Neutral for most people. If it bothers you, that is personal, not general.

COFFEE

Fine, and possibly helpful. Time it after food rather than removing it.

THE ONE-PAGE FRIDGE SUMMARY

Print this page and put it on the fridge door. It is the whole guide in nine lines.

- 1. Sugary drinks → Sparkling water with lemon, or the cherry tonic diluted.
- 2. Deep-fried food → Oven-roasted in olive oil at 200°C.
- 3. The afternoon sugar load → Walnuts and berries (No. 13).
- 4. Processed meat → Tinned oily fish, or the mackerel pâté (No. 22).
- 5. Excess alcohol → Keep it, reduce it, and never on the night before a big day.
- 6. Refined seed-oil-heavy takeaway → The ten-minute fish supper (No. 40).
- 7. Breakfast cereal marketed as healthy → Overnight or baked oats (No. 05, No. 43).
- 8. Low-fat flavoured yoghurt → Plain yoghurt or kefir with berries.
- 9. Eating nothing until midday → Kefir glass (No. 17). Three minutes.

FRIDAY NIGHT

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- Choose the fish, and ask for oil and lemon rather than the dressing.
 - Eat before you drink, not the other way round.
 - One dessert shared is not the thing undoing your week. The daily four-o'clock biscuit is.
 - Nothing about this needs announcing at the table.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

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