often ask whether certain foods, described as inflammatory or anti-inflammatory, can improve or worsen their disease.

**Objectives:** The objective of our study is to investigate whether Moroccan patients report a relationship between certain foods and their symptoms and also to study whether they adopt specific dietary behaviors in an effort to alleviate their symptoms.

**Methods:** This is a survey based on a questionnaire, that included any patient followed for osteoarthritis who presented to the rheumatology department.

The questionnaire consisted of 3 parts:
1) Socio-demographic characteristics, health co-morbidities, and information on osteoarthritis (location, duration of evolution, functional impact and treatments).
2) Beliefs and attitudes of patients regarding diet in relation to osteoarthritis.
3) A list of 24 foods for which patients were asked to indicate whether they aggravated, improved or left their joint symptoms unchanged.

**Results:** At this time we included 120 patients. The mean age was 57.1 ± 11.8, 88.3% of the patients were women, 41.2% had comorbidities, 62.5% were illiterate. The median duration of osteoarthritis was 4 years [2; 7], 64.2% of the patients were followed for gonarthritis, 25% for discarthritis and 10.8% for digital osteoarthritis. The average BMI was 27.8 ± 5.2. 8.3% of the patients thought that diet influenced their osteoarthritis. 9.5% of the subjects stated that food had an effect on their symptoms, 9.2% of them reporting an improvement and 8.3% an aggravation. Fish (1.7%), garlic (1.7%), and olive oil (1.7%) were the foods most often cited as improving joint symptoms, while red meat (3.3%), chicken (4.2%), and 8.3% an aggravation. Fish (1.7%), garlic (1.7%), and olive oil (1.7%) were the foods most often cited as improving joint symptoms, while red meat (3.3%), chicken (4.2%), and 8.3% an aggravation. Fish (1.7%), garlic (1.7%), and olive oil (1.7%) were the foods most often cited as improving joint symptoms, while red meat (3.3%), chicken (4.2%), and 8.3% an aggravation. Fish (1.7%), garlic (1.7%), and olive oil (1.7%) were the foods most often cited as improving joint symptoms, while red meat (3.3%), chicken (4.2%), and 8.3% an aggravation. Fish (1.7%), garlic (1.7%), and olive oil (1.7%) were the foods most often cited as improving joint symptoms, while red meat (3.3%), chicken (4.2%), and 8.3% an aggravation.

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**Conclusion:** Our study showed that associations between certain foods and worsening or improving joint symptoms were reported by a minority of patients and appeared to be mostly associated with patients’ education level and experience of a food improving symptoms.