

Inflammatory Foods – Foods Lupus Patients Should Avoid

Alfalfa sprouts

Trans fats

Processed, packaged or prepared food e.g.

- Processed meat

- Barbecued meat

- Commercial red meat

Fried foods

MSG

White sugar

White bread

Pasta

Saturated fats, such as in beef and fried snack foods

Cured meats like hotdogs

Nightshade vegetables

- Eggplant

- Peppers

- Tomatoes

- White Potatoes

Full fat dairy

Soft drinks

Anti-Inflammatory Foods – Foods Lupus Patients Should Eat

Allium Vegetables

Garlic

Leeks

Onions

Chives

Shallots

Scallions

Cruciferous Vegetables

Broccoli

Brocolini

Brussel Sprouts

Cabbage

Red cabbage

Cauliflower

Kale

Collards

Mustard greens

Watercress

Arugula

Spices

Cinnamon

Turmeric

Ginger

Berries

Pomegranates

Blueberries

Blackberries

Raspberries

Strawberries

Elderberries

Seeds

Flax

Sunflower

Pumpkin

Sesame Seeds

Raw Nuts

Anti-Inflammatory Foods - Everyone Should Eat

Spices

- Turmeric
- Garlic
- Cinnamon

Nuts

Flaxseed

Whole grain breads

Whole grain cereal

Vegetables

Foods High in Antioxidants

- Apricots
- Berries
- Sweet potatoes

Foods High in Omega 3 Fatty Acids

- Fatty fish like Wild Salmon
- Fatty fish like Halibut
- Omega 3 enriched eggs (or organic eggs from free-range chickens)

Olive, Sesame, Canola and Flaxseed Oil

Small to moderate amounts of high quality, natural cheese (Swiss, Jarlesburg, Parmesan)

Moderate Amounts of Vitamin D Foods

- Low/Non-fat yogurt/Greek yogurt
- Cottage Cheese
- Milk

If you don't get enough calcium in your diet, your doctor will probably recommend a calcium supplement.