

# 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.