

Lupus Diet - (October 10, 2013)

Reducing Inflammation and Other Symptoms

- Avoid Saturated Fats
 - Fried foods
 - Commercial baked goods
 - Creamed soups
 - Red meat
 - Animal fat
 - Processed meat products
 - High fat dairy foods
 - Whole milk
 - Half and half
 - Cheeses
 - Butter
 - Ice cream

- Avoid alfalfa sprouts

- Avoid garlic

- Avoid alcoholic beverages

- Avoid sweets

- Avoid nightshade vegetables
 - Eggplant
 - Tomatoes
 - Mushrooms
 - Peppers
 - Potatoes (white)

- Eat herbs and spices that decrease inflammation
 - Ginger
 - Turmeric
 - Rosemary
 - Green tea

- Eat fruits and vegetables that are rich in antioxidants
 - Apricots
 - Berries
 - Sweet potatoes

- Eat food containing omega-3 fatty acids
 - Fish
 - Fatty fish like Wild Salmon
 - Fatty fish like Halibut
 - Omega 3 enriched eggs (or organic eggs from free range chickens)
 - Nuts
 - Ground flaxseed
 - Olive oil
 - Canola oil
 - Avocados

Maintaining Strong Bones and Muscles

- Eat foods high in calcium and vitamin D.
 - 1% or 1/2% skim milk
 - Low-fat, low-sodium yogurt
 - Low-fat cheese
 - Dark green vegetables

- If you cannot drink milk, good alternatives include:
 - Lactose-free milk
 - Soy milk
 - Almond milk
 - Juices that are fortified with calcium and Vitamin D

Eat a Diet High in Fiber

- Grains
 - Brown rice
 - Wild rice
 - Whole wheat bread
 - Whole wheat pasta
 - Rye
 - Oats
 - Quinoa
 - Corn
 - Barley

- Beans, Nuts, and Seeds
 - Brazil nuts
 - Wheat germ
 - Flaxseed
 - Soybeans
 - Kidney beans
 - Tofu
 - Walnuts
 - Lentils

Eat Foods High in Iron

Limit Caffeine in Diet - reduces the absorption of iron by half leading to anemia

Limit Amount of Soy in Diet - soy products are high in a type of estrogen called phytoestrogen, and estrogen is known to be a risk factor for lupus