

# Anti-Inflammatory Lupus Diet - Could It Be True?

*From the book "Despite Lupus" by Sara Gorman*

An anti-inflammatory diet can help reduce symptoms of inflammation and prevent the development of complications and advanced diseases related to chronic inflammation.

## General Dietary Guidelines

- Incorporate fresh fruit and vegetables into your diet – they provide a good source of antioxidants
- Minimize your consumption of processed foods
- Aim for a large variety in the types of foods you consume
- Fresh foods are always best
- Choose organic when possible

## Minimize the intake of:

- Dairy products (except high quality natural cheese and yogurt)
- Animal protein (specifically red meat)
- Highly processed foods (crackers, cookies, breads, canned products)
- Products made with high fructose corn syrup
- Saturated fat by eating less butter, cream, high-fat cheese, unskinned chicken and fatty meats, and products made with palm kernel oil
- Avoid margarine, vegetable shortening, and all products listing them as ingredients
- Avoid all products made with partially hydrogenated oils of any kind

## **Increase the intake of:**

- Whole Grains
- Vegetable protein, especially from beans. Become familiar with whole-soy foods
- Fiber (aim for 30 grams a day)
- Omega-3 Fatty Acids
  - specifically, salmon (preferably fresh or frozen wild or canned sockeye)
  - sardines packed in water or olive oil
  - herring
  - black cod (sablefish, butterfish)
  - omega-3 fortified eggs
  - hemp seeds
  - flaxseeds (preferably freshly ground)
  - take a fish oil supplement (look for products that provide both EPA and DHA, in a convenient daily dosage of two to three grams)

## **Antioxidants**

- Vitamin C – Citrus fruits, green peppers, broccoli, strawberries, blueberries
- Vitamin E – Vegetable Oils, Kiwi, Wheat germ, Green leafy vegetables
- Polyphenolic antioxidants – Tea, Coffee, Soy, Fruits, Olive Oil, Chocolate, Cinnamon, Red Wine
- Vitamin A – Carrots, squash, broccoli, tomatoes, mangoes, oranges, peaches, apricots

## **Anti-inflammatory Supplements**

*A doctor can provide dosage amounts and instructions*

- Fish oil
- Ginger
- CoQ10
- Alpha-lipoic acid

*Information above reposted with permission: Erin Lewis MS RD LDN CNSC*

Email ThisBlogThis!Share to TwitterShare to Facebook