

# 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