

## key nutrients

### Lupus

With lupus, certain vitamins, minerals, and nutrients may help reduce the occurrence or severity of symptoms. Below is a list of key nutrients and the best suggested food sources to nourish your body and help you feel better.

Vitamin C
<b>Best Sources Include:</b>
Red and Green Bell Pepper
Kiwifruit
Broccoli
Strawberries
Cantaloupe
Baked Potatoes
Tomatoes
Citrus Fruits

Vitamin A
<b>Best Sources Include:</b>
Fortified Breakfast Cereals
Eggs
Fortified Milk
Orange and Yellow Fruits and Vegetables
Broccoli
Spinach
Dark, Leafy Green Vegetables

Vitamin E
<b>Best Sources Include:</b>
Wheat Germ
Avocado
Vegetable Oil
Nuts- Peanuts and Almonds
Sunflower Seeds
Spinach
Broccoli

Calcium
<b>Best Sources Include:</b>
Low-Fat Dairy – Low-Fat Milk, Yogurt, Cheese
Kale
Broccoli
Turnip Greens
Canned Salmon
Fortified Products – Soy, Tofu, Rice Beverages, Breakfast Cereals

Vitamin D
<b>Best Sources Include:</b>
Cod Liver Oil
Fatty Fish- Salmon, Tuna, Mackerel
Fortified Foods – Milk and Orange Juice

Omega-3 Fatty Acids
<b>Best Sources Include:</b>
Fatty Fish – Salmon, Tuna, Mackerel
Grass-Fed Meats
Eggs with added Omega 3's
Chia Seeds
Flax Seeds

Fiber
<b>Best Sources Include:</b>
Whole Grains
Nuts and Seeds
Fruits
Vegetables
Beans and Legumes

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#### 1 Vitamin D

Vitamin D is important to bone health. Research shows those with lupus have an increased risk of fractures, breaks, and osteoporosis. Certain medications can also reduce the absorption of vitamin D. It is challenging to get the recommended amount of vitamin D from food. Discuss with your doctor or pharmacist about adding a supplement to your daily routine.

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#### 2 Calcium

Certain medications may reduce the absorption of calcium in the body. Calcium is also important to maintaining bone health. Research shows those with lupus have an increased risk of fractures, breaks, and osteoporosis.

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#### 3 Vitamin E

Vitamin E acts as an antioxidant, protecting the body from damage that can occur from free radicals. Too many free radicals may increase the risk of other chronic illnesses or cancer. Vitamin E can also help to reduce blood clots

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#### 4 Vitamin C

Vitamin C is an antioxidant that may help to reduce the risk of cancer. Research shows those with lupus have an increased risk of developing certain types of cancer.

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#### 5 Omega-3 Fats

Omega-3 fatty acids may help to reduce inflammation and could reduce the risk of heart disease.

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#### 6 Vitamin A

Vitamin A is an antioxidant that may help to reduce the risk of cancer. Research shows those with lupus have an increased risk of developing certain types of cancer.

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#### 7 Fiber

Research shows those with lupus have an increased risk of developing heart disease. Eating the recommended amount of fiber per day can help to maintain heart health and lower the risk of heart disease. It is recommended that women consume 25 grams of fiber per day and men consume 38 grams of fiber per day.

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#### 8 Fortified Foods

Fortified foods have specific nutrients added during the food manufacturing process. In general, these nutrients aren't naturally found in the food product.

**Examples of common food fortification:**

- Adding iodine to salt (iodized salt)
- Adding vitamin D to dairy products
- Adding folic acid to breakfast cereals

#### 9 Enriched Foods

Enriched foods have nutrients added back into them after they've been stripped in the food manufacturing process. The FDA regulates when a food product can be labeled as 'enriched'. An example of a food that is often enriched is white flour. During the manufacturing process of wheat, several B-vitamins, iron, and fiber are lost. After wheat is refined to white flour, some of the lost nutrients are added back into the flour in specific amounts.