



Lupus

nutrition tool kit

 **meijer**
specialty pharmacy

about lupus

Living with a chronic condition, like lupus, can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing lupus, please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

Our dietitian-tested recipe section includes:

- Food substitutions based on common food allergens and intolerances
- Helpful nourishment notes calling out the benefits of certain foods for lupus
- Downloadable recipes

And don't miss the ***Empower Your Well-Being*** section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com

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shopping list

Lupus

Navigating the grocery aisles may be overwhelming, especially if you're not feeling your best. We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body.

* Contains gluten | ∞ Contains lactose

Produce	
— Fruits —	
Apples	Kiwi
Apricots	Mangos
Bananas	Nectarines
Blackberries	Oranges
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Pineapple
Dates	Plums
Figs	Pomegranates
Grapes	Raspberries
Honeydew Melon	Strawberries
Jackfruit	Watermelon

Lean Protein
Beans and Legumes
Eggs
Fish (mackerel, salmon, tuna)
Shellfish (shrimp, scallops)
Tofu
Tempeh
White Meat Poultry (turkey, chicken)

Produce	
— Vegetables —	
Artichoke	Kale
Asparagus	Lettuce
Avocados	Mushrooms
Beans	Okra
Beets	Onions
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Corn	Spaghetti Squash
Cucumber	Spinach
Eggplant	Sugar Snap Peas
Green Beans	Summer Squash
Hominy	Tomatoes
Jicama	Zucchini

shopping list

Lupus

* Contains gluten | ∞ Contains lactose

Dairy
Low-Fat Milk (1% or skim) ∞
Low-Fat Cheese (1% or skim) ∞
Low-Fat Yogurt (1% or skim) ∞
Kefir ∞
Plant-Based Milk (nut varieties, soy, rice)
Plant-Based Yogurt (almond, coconut, soy)
Plant-Based Cheese (almond, soy)
Plant-Based Kefir

Canned Goods
Canned Beans and Legumes (low-sodium)
Canned Fruit (packed in water)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Canned Vegetables (no added salt)
Diced Tomatoes (without garlic)
Tomato Sauce (without garlic)
Tomato Paste (without garlic)
Sauerkraut

Frozen Foods
Frozen Fruit (no added sugar)
Frozen Vegetables (no added sauce, garlic, other seasoning, or salt)
Frozen, Ready to Eat Grains

Grains & Starches	
Barley*	Quinoa
Bean-Based Pasta	Sprouted Breads*
Brown Rice	Wheat Berries*
Corn Meal	Whole Grain Bread*
Gluten-Free Breads	Whole Grain Pasta*
Old Fashioned Oatmeal	

Nuts, Oils & Seeds	
Almonds	Peanuts
Almond Butter	Peanut Butter
Avocado Oil	Pine Nuts
Brazil Nuts	Pistachios
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Extra Virgin Olive Oil	Sunflower Butter
Flax Seeds	Sunflower Seeds
Flax Seed Oil	Walnuts
Hemp Seeds	Walnut Oil

Beverages
100% Juice
Coffee (regular or decaf)
Kombucha (fermented beverage)
Tea (decaf or regular)
Water (plain or sparkling)

foods to stock your pantry

Lupus

When lupus is active, grocery shopping may seem tiring, painful or challenging. Instead, on a day you're feeling your best, aim to stock your pantry with healthy foods. A well-stocked pantry makes preparing nourishing foods easier, which is especially important when symptoms are present. Check out the list below.

Grains
Brown Rice
Gluten-Free Products, if gluten intolerant
Old Fashioned Oatmeal
Polenta
Popcorn
Quinoa
Whole Grain Bread
Whole Grain Breakfast Cereals
Whole Grain Crackers
Whole Grain Pastas

Nuts, Seeds & Oils	
Almonds, Almond Butter	Chia Seeds
Flax Seeds	Peanut Butter
Pecans	Pistachios
Sesame Seeds	Walnuts
Avocado Oil	Extra Virgin Olive Oil
*Flax Seed Oil	*Walnut Oil

Protein
Bean-Based Pastas
Canned or Dried Beans and Legumes
Chicken (low-sodium cans or pouches)
Nut and Seed Butters
Raw or Roasted Nuts and Seeds (low-sodium)
Salmon (low-sodium cans or pouches)
Tuna (low sodium cans or pouches)

Fruits
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers, without added sugar
Fruit Cups (packed in 100% juice or water)

Vegetables
Canned, Reduced-Sodium Vegetables
Onions
Potatoes

foods to stock your pantry

Lupus

Liquids/Beverages
100% Juice
Coffee (decaf or regular)
Kombucha (fermented beverage)
Low-Sodium Vegetable Juice, no added salt
Low-Sugar Sports Drinks
Low-Sodium Broth or Stock (beef, bone, chicken, vegetable)
Shelf-Stable Milk or Milk Alternatives
Tea (decaf or regular)
Water (plain or sparkling)

Canned Goods
Coconut Milk, low-fat
Diced Tomatoes (no salt added)
Roasted Red Peppers
Sauerkraut †
Tomato Paste or Tomato Sauce (without garlic)

†A probiotic that may help provide additional overall health benefits.

Dry Herbs & Spices	
Basil	Bay Leaves
Chili Pepper	Cinnamon*
Cumin*	Ginger*
Italian Seasoning	Onion
Oregano	Parsley
Rosemary	Thyme
Turmeric*	

























*Anti-Inflammatory Ingredient

eat this, not that

Lupus

Group	Eat This	Not That
Fruits	<ul style="list-style-type: none"> • Canned fruit packed in water • Dried fruit, no sugar added • Fresh fruit • Frozen fruit, no sugar added 	<ul style="list-style-type: none"> • Canned or frozen fruit packed in syrup • Dried fruit with sugar added
Vegetables	<ul style="list-style-type: none"> • Beans and peas • Dark green vegetables • Red and orange vegetables • Starchy vegetables: corn, white potato, sweet potato, peas • Cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash, and zucchini 	<ul style="list-style-type: none"> • Deep fried vegetables • Nightshades, if applicable - tomatoes, peppers, eggplant, and potatoes • Garlic • Alfalfa sprouts
Grains/Starches	<ul style="list-style-type: none"> • Amaranth • Barley • Buckwheat • Bulgur • Farro • Millet • Oatmeal • Quinoa • Rice (brown, wild) • Sorghum • Wheat berries • Whole grain bread • Whole grain pasta • Whole grain, high-fiber cereals (Ex: Kashi Cinnamon Harvest Cereal) 	<ul style="list-style-type: none"> • White rice • Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta
Protein	<ul style="list-style-type: none"> • Beans • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu 	<ul style="list-style-type: none"> • Processed and smoked meats (deli meats, jerky, hotdogs, bacon, sausages, and bratwurst) • Fried meats • Tough, high-fat meats • Red meat • Meats with marinades containing garlic
Dairy	<ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefir) • Plant-based milks (almond, cashew, coconut, soy) • Plant-based milk alternative yogurts (almond, soy, coconut) 	<ul style="list-style-type: none"> • Full-fat dairy (cream, half and half, sour cream, ice cream)
Nuts/Seeds/Oils	<ul style="list-style-type: none"> • Plain, whole nuts • Plain seeds • Peanut/almond/cashew butter • Sun butter • Extra virgin olive oil • Canola oil • Unrefined coconut oil 	<ul style="list-style-type: none"> • Salted or sugar-coated nuts and seeds • Peanut oil • Sunflower oil • Soybean oil • Chocolate hazelnut spread
Beverages	<ul style="list-style-type: none"> • Coffee • Kombucha (fermented tea) • Tea • Water • Naturally flavored sparkling water • 100% juice 	<ul style="list-style-type: none"> • Sugar-sweetened beverages • Alcohol • Sports drinks

food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being 😊 😐 😞 😭 😵
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

Breakfast | Dinner

Broccoli Cheddar Frittata

10 Mins
Prep Time

20-25 Mins
Cook Time

6
Servings

≡ 217 Calories 16g Fat 7g Carbs 12g Protein



Ingredients

👤 6 Servings ⌚ 30-35 Mins Total Time

🚫 Allergens: Eggs, Dairy

6 Large Eggs 🍷

Salt and Pepper, to taste

2 Tbsp Extra Virgin Olive Oil

½ White Onion, diced 🍷

1 ½ Cups Frozen, Chopped Broccoli Florets 🍷

½ Cup Canned, Sliced Potatoes, drained and rinsed 🍷

¼ Cup Shredded, Sharp Cheddar Cheese

Allergen Swap

Eggs There is no substitution for eggs in this recipe.

Dairy Replace the cheddar cheese with a dairy-free version or omit.

Nourishment Note



🍷 Eggs

Eggs are an excellent source of lean protein needed for healthy cell growth. They also contain lutein that may promote eye health and choline, which may decrease chronic inflammation.



🍷 Broccoli

Broccoli is a cruciferous vegetable high in insoluble fiber to help prevent constipation. It also helps promote eye health, lung health, liver function, supports bone health, increases healthy cell production and keeps the immune system working its best.



🍷 Potatoes

Potatoes often get a bad rap, but this vegetable provides a variety of health benefits. Potatoes may help lower cholesterol levels, reduce the risk of heart disease and promote healthy eyes, skin and bones.



🍷 Onion

Onions are a type of prebiotic. Prebiotics feed healthy gut bacteria to help promote a healthier digestive tract. Onions may also help reduce cholesterol levels, which can decrease the risk for heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 350°F.

3. Whisk Eggs

While the oven is preheating, whisk together the eggs and salt and pepper in a medium-sized bowl. Set aside.

4. Cook Onions, Broccoli & Potatoes

Over medium heat, heat olive oil in an oven-safe skillet or cast-iron skillet. Add the onion and sauté for about 2-3 minutes. Add the broccoli and potatoes and continue to cook for about 4-5 minutes or until the broccoli appears slightly soft, stirring occasionally.

5. Add Egg Mixture

Add the egg mixture to the skillet. Stir to mix everything together and then allow to cook. Cook eggs for about 3-4 minutes, or until the edges begin to set. Sprinkle the top with cheese.

6. Bake

Place skillet in the oven on the middle rack and bake for about 10-15 minutes, or until the top is set and the cheese is melted.

7. Enjoy

Using an oven mitt, carefully remove from oven and enjoy.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Can Opener



Colander



Medium-Sized Bowl



Whisk



Measuring Spoon



Measuring Cups



Cast-Iron Skillet or Oven-Safe Skillet



Spatula



Oven Mitt

Fatigue Buster

- Using canned and frozen vegetables helps to reduce some of the preparation time of this recipe. If opening cans is challenging, an electric can opener could be used.
- If feeling extremely fatigued, sitting on a stool or chair while cooking can help conserve some energy.
- This frittata is a great quick-cooking meal. Leftovers can be enjoyed for breakfast or lunch throughout the week.

Lunch | Snack | Side

Pear and Walnut Grain Salad

15-20 Mins
Prep Time

0 Mins
Cook Time

4
Servings

371 Calories **20g** Fat **39g** Carbs **7g** Protein



Ingredients

4 Servings **15-20 Mins Total Time** **Allergens: Nuts**

2 (8.5oz) Packages Microwave Brown Rice and Quinoa Mix, any microwavable grain will work well

1 Pear, chopped

2 Celery Stalks, chopped

1 Tbsp Shallot, minced

2 Tbsp White Balsamic Vinegar

1 Tsp Dijon Mustard

2 Tbsp Extra Virgin Olive Oil

¼ Cup Chopped Walnuts

Salt and Pepper, to taste

Allergen Swap

Nuts Replace the walnuts with sunflower seeds

Nourishment Note



Whole Grains

Whole grains, such as those used in this recipe, contain important B vitamins to help your body feel it's best. It also contains fiber to help promote heart health.



Pears

Pears contain a variety of nutrients including antioxidants to help reduce inflammation associated with lupus. The skin of a pear contains high amounts of fiber that can help relieve constipation a side effect that may occur from certain medications.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation associated with lupus.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Microwave Grain Mixture

Microwave the grain mixture according to package directions. Once done, spread onto a baking sheet and allow to cool.

3. Chop Pear, Celery & Shallot

While the grains are cooking, chop the pear, celery and shallot. Set aside.

4. Whisk Together Dressing

To a large mixing bowl whisk together the white balsamic vinegar and mustard. Drizzle in the olive oil while whisking.

5. Combine Salad

To the bowl, add the grain blend, pear, celery, shallots and walnuts. Toss to combine. Sprinkle with additional salt and pepper, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Food Network Magazine](#)

What You'll Need



Cutting Board



Knife



Measuring Spoons



Large Mixing Bowl



Whisk



Mixing Spoon



Baking Sheet

Fatigue Buster

- Using a microwavable grain blend helps to reduce the amount of preparation time of this recipe.
- Ask a friend or family member to help make this recipe.

Lunch | Dinner

Winter Vegetable Soup

10-15 Mins
Prep Time

30-40 Mins
Cook Time

8
Servings

☰ 170 Calories 5g Fat 22g Carbs 6g Protein

Ingredients

👤 8 Servings ⌚ 40-45 Mins Total Time

🚫 Allergens: Gluten, Soy

2 Tbsp Extra Virgin Olive Oil

1 Yellow Onion, diced

1 (14 oz Can) Sliced Carrots, drained and rinsed 🍷

2 (14 oz Can) Diced Potatoes, drained and rinsed 🍷

4 Stalks Celery, chopped

1 Cup Brown Lentils 🍷

1 Tsp Dried Rosemary 🍷

½ Tsp Dried Thyme

2 Tbsp Dijon Mustard

1 ½ Tbsp Soy Sauce

1 Tbsp Brown Sugar

6 Cups Vegetable Broth*

1 Bay Leaf

1 Cup Frozen Peas 🍷

*We used 6 cups water mixed with 6 tsp vegetable boullion



Nourishment Note



🍷 Lentils

Lentils, a member of the bean family, are an excellent source of plant-based protein. They also contain a variety of nutrients that may help decrease inflammation associated with lupus.



🍷 Potatoes

Potatoes often get a bad rap; however, this vegetable provides a variety of health benefits. Potatoes may help lower cholesterol levels, reduce the risk of heart disease and promote healthy eyes, skin and bones.



🍷 Carrots

Orange-colored vegetables, such as carrots, contain carotenoids. Carotenoids are nutritional compounds that may help decrease cell damage that can occur as a result of lupus.



🍷 Peas

Green vegetables, such as peas, may provide a variety of nutrients including, reducing the risk of certain types of cancer, promoting eye health and protecting the immune system.



🍷 Rosemary

Rosemary is a flavorful herb that may help promote better digestion, as well as promote healthy blood circulation and immune function.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté Onion

To a large pot, add the olive oil. Turn to medium-high heat. Once oil begins to sizzle, add the onion and sauté for about 3-4 minutes, or until the onion is translucent.

3. Add Celery & Carrots to Pot

If the celery isn't already chopped, chop while the onion is cooking then add it to the pot. Add the carrots to the pot and stir to combine.

4. Add Remaining Ingredients

Add the potatoes, lentils, rosemary, thyme, Dijon mustard, soy sauce, brown sugar, vegetable broth and bay leaf. Stir the ingredients to combine.

5. Bring to a Boil

Place a lid on the pot and bring to a boil. Once boiling, reduce heat to medium-low and simmer for 30 minutes, stirring occasionally.

6. Add Peas & Blend

During the last 5 minutes of cooking, add the peas. If an immersion blender is available, blend half of the soup to make it thick and stew-like. A fork can also be used to mash part of the potatoes for a creamy texture, or the mixture can be left as-is for more of a soup-like consistency.

7. Add Salt & Enjoy

Add additional salt if necessary.

8. Wash Hands

Wash hands with soap and water.

Allergen Swap

Gluten Replace the soy sauce with a gluten-free version.

Soy Replace the soy sauce with a soy-free version.

Recipe adapted from budgetbytes.com

What You'll Need



Can Opener



Colander



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Pot with Lid



Wooden Spoon



Ladle



Immersion Blender (optional)

Fatigue Buster

- This soup makes a great freezer-friendly meal. Allow soup to cool then transfer to individual freezer-safe containers. Enjoy on days when energy levels are low.
- Using canned carrots and potatoes in this recipe helps to reduce some of the prep work. To make opening cans easier, try using an automatic can opener.
- If feeling especially fatigued, try sitting on stool while chopping and measuring ingredients, or ask for a family member or friend to help prepare this recipe.

Side

Zippy Broccoli Salad

15 Mins
Prep Time

0 Mins
Cook Time

8
Servings

214 Calories **15g** Fat **12g** Carbs **4g** Protein



Ingredients

8 Servings **35 Mins Total Time (Includes 20 Mins Marinating Time)** **Allergens: Dairy**

1 lb. Broccoli Florets (~2 lbs. Broccoli stalks) roughly chopped

½ Cup Roasted Sunflower Seeds

½ Cup Sharp Cheddar Cheese, grated

⅓ Cup Dried Cherries

- Honey Mustard Dressing -

⅓ Cup Extra Virgin Olive Oil

3 Tbsp Apple Cider Vinegar

2 Tbsp Dijon Mustard

2 Tbsp Honey

Salt, to taste

Allergen Swap

Dairy Use a dairy-free cheese or omit.

Nourishment Note



Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body.



Sunflower Seeds

Sunflower seeds are rich in vitamin E. Vitamin E is a powerful antioxidant and may reduce chronic inflammation.



Broccoli

Broccoli is rich in disease-fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function and folate to promote new cell growth.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients to Bowl

To a large bowl, add the chopped broccoli florets, roasted sunflower seeds, cheese and dried cherries.

3. Whisk Together Dressing

In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard and honey.

4. Drizzle Dressing Over Salad

Drizzle the dressing over the salad and mix thoroughly. Add salt, to taste.

5. Marinate & Serve

Let salad marinate for at least 20 minutes, or overnight in the refrigerator. Serve and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Knife



Cutting Board



Large Bowl



Large Spoon



Measuring Cups



Measuring Spoons



Small Bowl



Whisk

Fatigue Buster

- Purchase pre-chopped broccoli.
- Purchase grated cheddar cheese.