

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 • Bulggar • 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