

Lupus



Nourishment Notes

Acorn Squash

Acorn squash is loaded with vitamins, minerals, antioxidants and fiber. Due to its high antioxidant content, acorn squash may be protective against chronic health conditions, like heart disease, which is common in those with lupus.



P Apples

Apples are a great source of insoluble and soluble fiber to help maintain a healthy digestive system and lower cholesterol levels.



🖤 Arugula

Arugula is full of vitamins, minerals and antioxidants. The powerful antioxidants in arugula may help to reduce inflammation and protect healthy cells.



Avocado

Avocado is an excellent source of monounsaturated fats. These types of fats may help to reduce the risk of heart disease.



Black Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation in the body.



P 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.



Lupus



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9 Butternut Squash

Butternut squash is high in antioxidants which are key to helping protect body cells. Squash is also high in fiber, which is important for digestion, and potassium, which is important for helping to maintain healthy blood pressure levels



O 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.



Cauliflower

Cauliflower is a low calorie, low carbohydrate vegetable that's very high in fiber. Fiber is important for maintaining gut health and reducing the risk of certain forms of cancer. Cauliflower is also bountiful in a variety of nutrients key to overall health.



Cherries

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



Ohicken

Chicken is an excellent source of lean protein. Protein needs may become elevated when experiencing a flare in lupus symptoms.



Chickpeas

Chickpeas are a good source of choline, which may help to decrease chronic inflammation associated with lupus. Chickpeas are also a good source of plant-based protein to help build new and healthy cells.



Lupus



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© Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control and reduce the risk of heart disease.



Ø Eggs

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



Flax Seed

Flax seed is high in omega-3 fatty acids, helpful for reducing inflammation in the body and lowering the risk of heart disease. Flax seed is also rich in dietary fiber.



🖤 Ginger

Ginger is a powerful antioxidant, has been shown to reduce nausea, and may help relieve muscle pain and soreness.



Oreen Beans

Green beans are a great source of vitamins A, C and K. Vitamin C is not only important for the immune system, but it's a powerful antioxidant, helping to protect cells from damage.



Ore and Turkey

Lean turkey can be an excellent source of protein. Protein needs may become elevated when experiencing a flare in lupus symptoms.



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🖤 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.



Mushrooms

Mushrooms are loaded with B vitamins to aid in skin, nerve and digestive health. They're also a good source of potassium, which is key to muscle, nerve and heart function.



🖤 Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provide your body with the energy it needs to function its best.



🖤 Onions

Onions are rich in prebiotics to help feed the heathy gut bacteria our body needs to perform its best. Onions may also help reduce the risk of certain cancers, such as colon cancer.



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.

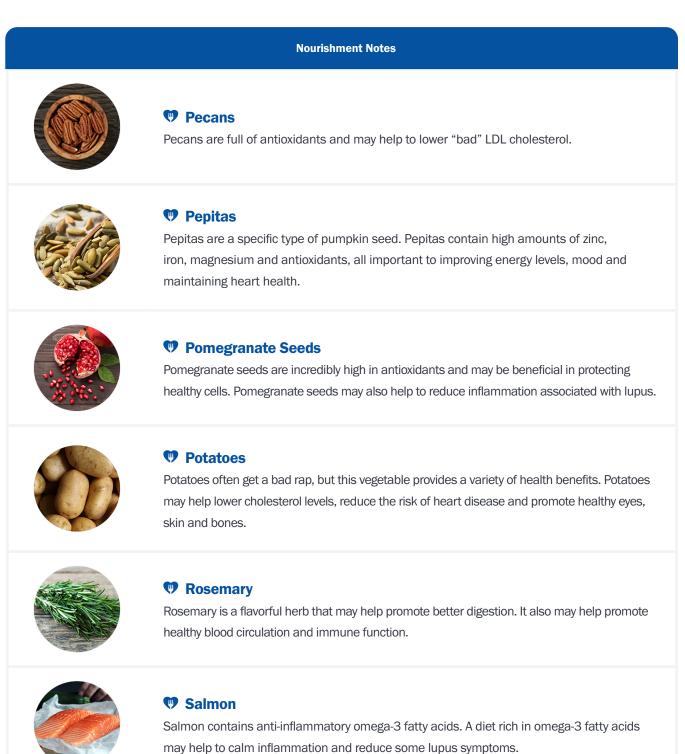


Peas

Green vegetables, such as peas, may provide a variety of nutrients that may help to reduce the risk of certain types of cancer, promote eye health and protect the immune system.

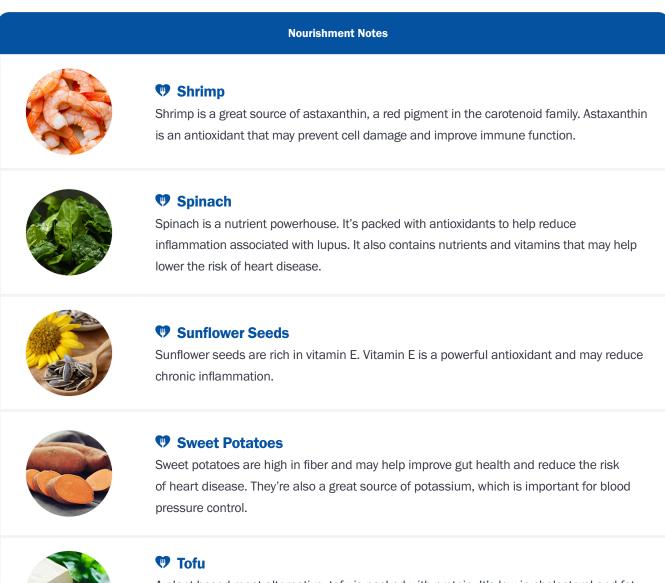


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Lupus



A plant-based meat alternative, tofu is packed with protein. It's low in cholesterol and fat which may help lower the risk for heart disease. Many brands are fortified with calcium to aid in bone health.

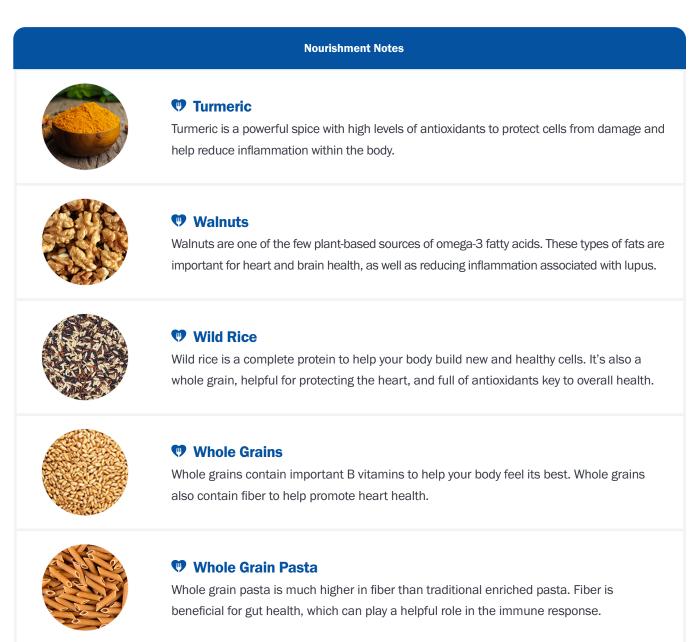


Tomatoes

Tomatoes are an excellent source of lycopene. Lycopene may help prevent heart disease and certain types of cancer, two conditions that may be more common in those with lupus.



Lupus





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