

nourishment notes

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.



♥ 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.



♥ 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.

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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



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.



Chicken

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.

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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.



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.



Green 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.



Ground 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 healthy 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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Pecans

Pecans are full of antioxidants and may help to lower “bad” LDL cholesterol.



Pepitas

Pepitas are a specific type of pumpkin seed. Pepitas contain high amounts of zinc, iron, magnesium and antioxidants, all important to improving energy levels, mood and maintaining heart health.



Pomegranate Seeds

Pomegranate seeds are incredibly high in antioxidants and may be beneficial in protecting healthy cells. Pomegranate seeds may also help to reduce inflammation associated with lupus.



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.



Rosemary

Rosemary is a flavorful herb that may help promote better digestion. It also may help promote healthy blood circulation and immune function.



Salmon

Salmon contains anti-inflammatory omega-3 fatty acids. A diet rich in omega-3 fatty acids may help to calm inflammation and reduce some lupus symptoms.

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Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with lupus. It also contains nutrients and vitamins that may help lower the risk of heart disease.



Sunflower Seeds

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



Sweet Potatoes

Sweet potatoes are high in fiber and may help improve gut health and reduce the risk of heart disease. They're also a great source of potassium, which is important for blood pressure control.



Tofu

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.

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Turmeric

Turmeric is a powerful spice with high levels of antioxidants to protect cells from damage and help reduce inflammation within the body.



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.



Wild Rice

Wild rice is a complete protein to help your body build new and healthy cells. It's also a whole grain, helpful for protecting the heart, and full of antioxidants key to overall health.



Whole Grains

Whole grains contain important B vitamins to help your body feel its best. Whole grains also contain fiber to help promote heart health.



Whole Grain Pasta

Whole grain pasta is much higher in fiber than traditional enriched pasta. Fiber is beneficial for gut health, which can play a helpful role in the immune response.

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Yogurt

Yogurt contains beneficial probiotics that may help improve immunity and reduce inflammation.



Zucchini

Zucchini provides B vitamins that can help to increase energy levels.