

Lupus Nutrition

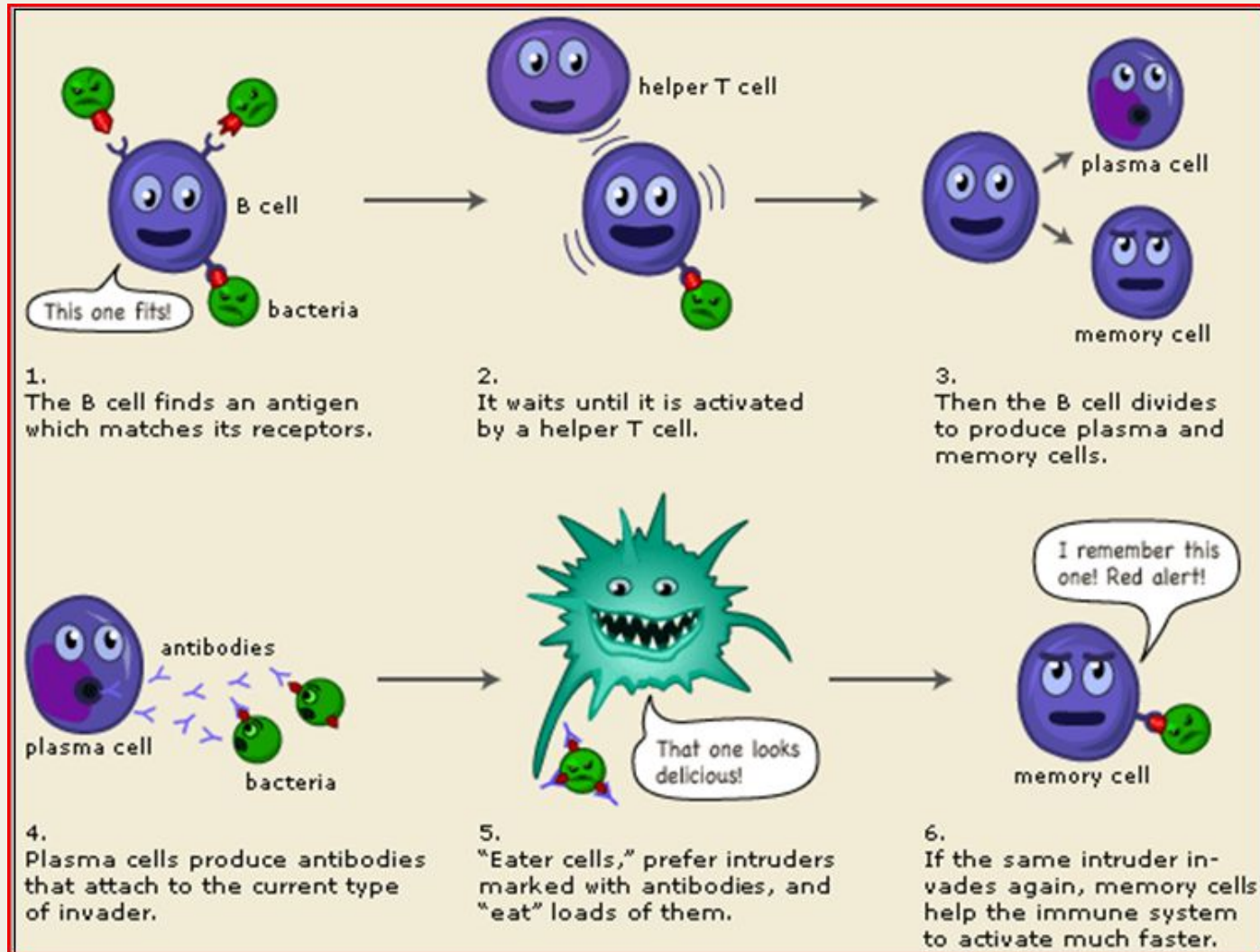
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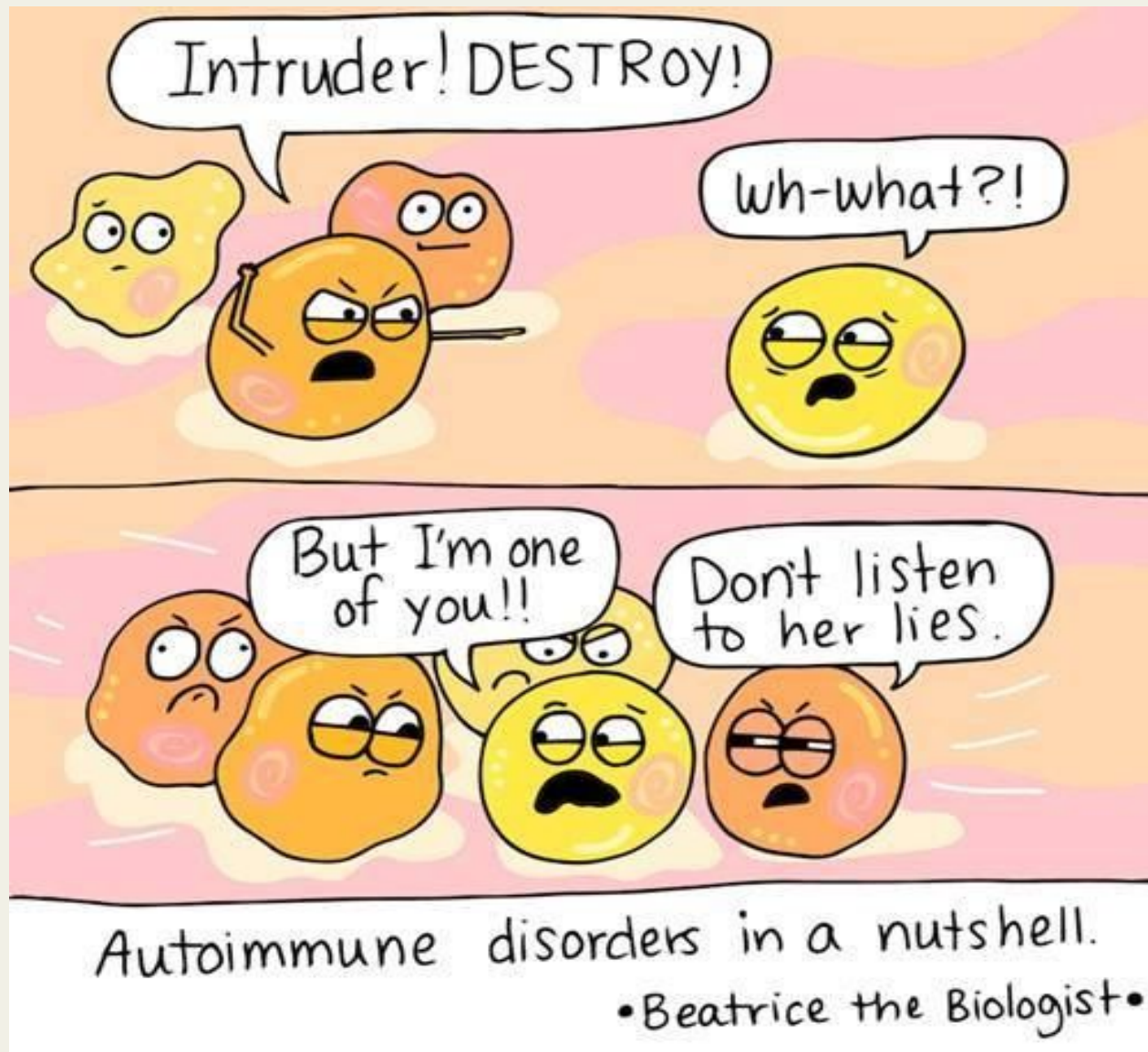
Lupus Nutrition

- ✓ Lupus definition and triggers for flares
- ✓ Benefits of a balanced diet rich in fruits and vegetables
- ✓ Diet recommendations for lupus
- ✓ How to start incorporating healthier foods
- ✓ Easy and quick healthy recipes

How the Immune System Works



Humanbio Wikispaces (2015). *Immune system*. Retrieved from <http://humanbio.wikispaces.com/Immune+System>



K. (2014, May 1) Retrieved from <http://www.beatricebiologist.com/2014/05/autoimmune/>

Lupus

- Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body).
- Lupus is also a disease of flares (the symptoms worsen and you feel ill) and remissions (the symptoms improve and you feel better).

Triggers for a Lupus Flare

- Ultraviolet rays from the sun and fluorescent light bulbs
- Medications, diuretics and sulfa drugs, which make a person more sensitive to the sun, such as: Bactrim[®] and Septra[®] (trimethoprim-sulfamethoxazole); sulfisoxazole (Gantrisin[®]); tolbutamide (Orinase[®]); sulfasalazine (Azulfidine[®]); diuretics
- Sun-sensitizing tetracycline drugs such as minocycline (Minocin[®])
- Penicillin or other antibiotic drugs such as: amoxicillin (Amoxil[®]); ampicillin (Ampicillin Sodium ADD-Vantage[®]); cloxacillin (Cloxapen[®])

Triggers for a Lupus Flare

- An infection, cold or a viral illness
- Exhaustion
- An injury
- Emotional stress, such as a divorce, illness, death in the family, or other life complications
- Anything that causes stress to the body, such as surgery, physical harm, pregnancy, or giving birth

Foods and Lifestyle Triggers

- Regardless of health condition poor eating habits promote inflammation and chronic illnesses:
 - Eating too much processed, foods refined sugars, wheat, dairy and meat
 - Poor hydration, excess caffeine
- Stress, hectic lifestyle, smoking, negative and toxic emotions

Diet Recommendations

- ✓ Rich in vegetables, fruits, whole grains and legumes
- ✓ Rich in Omega 3 fatty acids
- ✓ Low in saturated fats
- ✓ High in fiber
- ✓ Adequate hydration

Foods to Limit/Avoid

- Fast Foods
- Junk foods and highly processed foods
- Refined oils
- Sugary drinks especially SODA!
- Red meats
- Wheat
- Dairy
- Refined sugar
- Alfalfa
- Night Shades (tomatoes, potatoes)



Foods that Promote Healing

- Non starchy vegetables including dark leafy greens
- Fresh fruits
- Whole grains and starchy vegetables
- Beans and legumes
- Healthy fats (nuts and seeds, unrefined oils)
- Fish (wild salmon, white tuna)



How to Start?

- Realistic and practical
 - Consider lifestyle, available time and resources.
- Organize your kitchen and fridge
 - Make healthy foods visible and easier to grab
 - Know what is available to use in kitchen
- Plan ahead
- Variety is the spice of life and health!
- Be open to try new foods and flavors



Basic Cooking Equipment

- Blender
- Large skillet
- Large pot
- 2 Quart sauce pan
- Wooden spoons and spatulas
- Cutting board
- Chef Knife
- Knife sharpener
- Fine strainer
- Whisk
- Mixing bowls



Protein Sources

- Eggs or egg white organic if possible
- Omega 3 rich fish
 - Wild salmon, albacore tuna, rainbow trout, sardines, anchovies, black Pollock, include a serving (3 to 4 oz) 3 to 4 times per week-
- Poultry (skinless chicken, turkey, Cornish hen)- organic if possible
- Small amounts of organic, grass feed meat (beef, pork, veal)

Protein Sources

- Split peas, lentils, kidney beans, pinto beans, pink beans, garbanzo beans
- Fermented soy products (tempeh and miso) organic if possible



Nuts, Oils and Fats

- Pumpkin seeds, sesame seeds, flax seeds, sunflower seeds
- Almonds, cashews, walnuts and most nuts and nut butters
- Extra virgin olive oil, nut and seed oils -such as sesame seed oil-
- Coconut oil, good for baking and cooking
- Small amounts of butter ok
- Avocado

Grains

- Quinoa, brown rice, oatmeal, amaranth, rye, rice crackers, spelt, barley and buck wheat
- Limit grains to 1 or 2 cups a day.
- Remember to limit/avoid wheat products like pasta and bread even whole wheat bread



Fruits and Vegetables

- Chose lower sugar fruits like apples, berries, and peaches (see hand out)
- Add variety in colors, textures and flavors. Think Rainbow!
- Recommended intake is 8 to 12 servings a day
 - Adequate serving of vegetables **1 cup raw** or **½ cup cooked**. The more the better.
 - Include more vegetables than fruits. Example: 2 fruit servings + 6 vegetable servings=8 servings

Non-Starchy ½ plate

- Swiss Chard
- Asparagus
- Bean sprouts
- Red and green cabbage
- Broccoli
- Beet greens
- Watercress
- Cauliflower
- Celery
- Cucumber
- Endive
- Lettuce (mixed greens, romaine, green, red)
- Radishes
- Spinach
- Mustard and dandelion greens

- String beans
- Onions, leeks
- Turnips
- Zucchini
- Bock Choy
- Collards
- Eggplant
- Kale
- Rutabagas
- Brussels sprouts
- Kohlrabi
- Beets
- Parsley
- Bell peppers

- Parsnips
- Artichokes
- Winter squash
- Pumpkin
- Green Peas
- carrots

Starchy ¼ plate

- Yams
- Sweet potatoes
- Starchy root vegetables (yucca, yautía)

Vegetable Servings



½ cup Cooked



1 cup Raw

FRUITS/FRUTAS

Eat with a protein food/Coma con una proteína
Nuts/nueces, Egg/huevo, As dessert/como postre
Lower sugar content/Contenido bajo de azúcar

- Cherries/cerezas – 10 cherries/10 cerezas
- Peach/melocotón – 1 medium/1 mediano
- Plums/ciruelas – 2 small/2 pequeñas
- Pear/pera – 1 small/1 pequeña
- Blueberries/arándanos azules - $\frac{3}{4}$ cup/ $\frac{3}{4}$ taza
- Grapefruit/toronja – $\frac{1}{2}$ large/ $\frac{1}{2}$ grande
- Strawberries/fresas - 1 cup/1 taza
- Blackberries/zarzamora - 1 cup/1 taza
- Raspberries/frambuesa - 1 cup/1 taza
- Orange/naranja – 1 small/1 pequeña
- Cantaloupe/melón - 1/3 small/pequeño or/o 1 cup cubed/ 1 taza en cubitos
- Apple/manzana - 1 small/1 pequeña
- Kiwi – 1 small/1 pequeña
- Tangerine/mandarina – 2 small/2 pequeñas
- Honeydew/melón verde -1 slice/1 rebanada or 1 cup cubed/1 taza en cubitos



Fruits and Vegetable Day Distribution

Breakfast



1 cup oatmeal
1 T almond
butter
½ banana

1 Fruit Serving

Snack



1 cup baby carrots
¼ cup hummus

1 Veggie Serving

Lunch



Leafy Salad
1 cup baby spinach
1 cup green
veggies
1 small apple diced
¼ cup walnuts

2 Veggie Servings + 1 fruit

Dinner



Grilled salmon
1 ½ cups cooked
vegetables (green
beans, peppers,
onions)

3 Veggie Servings

Herbs and Spices

- Garlic, onions, green onion
 - Fresh basil, parsley, cilantro, rosemary
 - Dry spices: turmeric, pepper, oregano, cinnamon, cumin...
- ✓ Use your favorite herbs and spices to add flavor to your foods and explore with new ones!



Beverages

- Water, basic recommendation $\frac{1}{2}$ weight in ounces a day Example: $240 \text{ pounds} / 2 = 120$ ounces / 8 ounces = 15 cups (or 6 20 oz bottles)
- Small amounts of rice, oat, almond and soy milk (unsweetened)
- Herbal teas
- Limit alcohol and coffee, juices, soda and caffeinated drinks

Sweeteners

- Use occasionally
 - Maple syrup
 - Rice syrup
 - Honey
 - Stevia (calorie free natural sweetener)



Calcium Rich Foods

Food	Serving Size	Amount of Calcium in milligrams (mg)
Broccoli	1 cup	178
Collards	1 cup	148
Okra	1 cup	124
Sardines (in oil with bones)	1 oz	107
Black beans	1 cup	100
Kale	1 cup	94
Butternut squash	1 cup	84
Chickpeas	1 cup	78
Orange	1	56
Green snap peas	1 cup	55
Almond butter	1 tablespoon	43
Romaine lettuce	1 cup	20

Apple Cider Vinaigrette

Ingredients

- ✓ ¼ cup apple cider vinegar
- ✓ 1 tablespoon honey
- ✓ 2 tablespoon fresh chopped basil
- ✓ 2 tablespoon minced fresh chives or garlic
- ✓ ¼ teaspoon sea salt
- ✓ Pepper to taste
- ✓ ½ cup olive oil

How to Make it ...

1. In a large bowl add apple cider vinegar, honey, basil, garlic, salt and pepper and mix with a whisk.
2. Drizzle olive oil little by little and mix while drizzling.

*Makes ¾ cups

*Serving Size 2 tablespoons



Creamy Herb Dressing

Ingredients

- ✓ 1 cup fresh basil, parsley or cilantro
- ✓ ¼ cup apple cider vinegar
- ✓ 1 large garlic clove
- ✓ ¼ teaspoon sea salt
- ✓ Pepper to taste
- ✓ 1 teaspoon honey or maple syrup
- ✓ ¼ cup extra virgin olive oil
- ✓ ¼ cup water

How to Make It...

1. Add all ingredients except water to a blender or food processor and cover it.
2. Start blending by pulsing until mixture looks creamy. Check consistency and add water if needed.

Makes about ¾ cups



Lightly Cooked Veggies

1. You'll need 2 cups broccoli florets and 2 tablespoons herb vinaigrette or creamy herb dressing.
2. Heat up a medium size pan and throw in broccoli add about a tablespoon of water. Let the broccoli cook in the steam for 1 minute add the vinaigrette mix well and let cook for another minute or two.

Serves 2



Easy Peach Salsa

Ingredients

- ✓ 4 medium peaches diced
- ✓ 1 ripe hass avocado, seeded, peeled and diced
- ✓ 1 small red onion diced
- ✓ ¼ cup cilantro chopped
- ✓ 3 tablespoons Olive oil
- ✓ 3 tablespoons Red wine vinegar
- ✓ Pinch of sea salt
- ✓ Pepper to taste

How to Make It...

1. Add al the ingredient to a mixing bowl. Mix well.

Serves 4



Peachy Salmon Salad

Ingredients

- ✓ 5 to 6 ounces canned wild salmon, boneless and skinless
- ✓ ½ cup easy peach salsa

How to Make It...

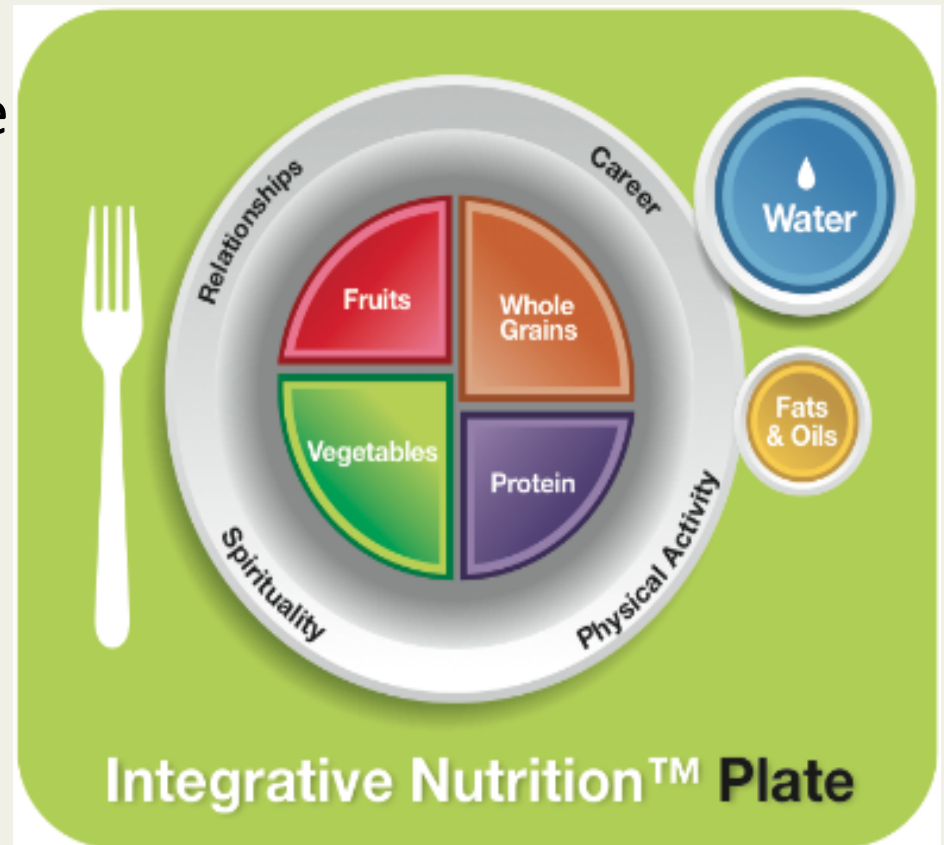
1. Add all the ingredients to a mixing bowl. Mix well and serve.
2. Serve with leafy green salad, or steamed vegetables

Serves 2



Meal Planning

1. Fats & Oils/Flavors
 - Dressings, Salsas, Vinaigrettes, Marinades, Sauces. Use of herbs and spices.
2. Vegetable
 - Make ½ plate of veggies. Colors
3. Grain or starch
 - Whole grains
4. Protein
 - Lean
 - Plant based



Lifestyle changes

- Avoid smoking
- Limit/avoid caffeine
- Sleep!!! 8 to 10 hours recommended
- Exercise but not too much
 - At least 30 minutes of light/moderate exercise 3 to 5 times per week (brisk walk, walk, light weight lifting, yoga, dancing)
- **Breathe, laugh and find ways to relax**

Summary

- Enjoy a varied plant based diet rich in vegetables, fruits and omega 3 rich fish
- Enjoy different colorful vegetables
- Stay hydrated
- Organize kitchen and make meal planning fun for you and loved ones
- Move, find ways to relax and laugh