Nutrition for Lupus

By Megann Karch, RDN, CD
Overview

• Heart healthy, anti-inflammatory diet

• Foods to Avoid/limit
  – Alfalfa
  – Alcohol
  – Sodium

• Special nutrition considerations
  – Steroids
  – Heart burn
  – Osteoporosis
  – Iron deficiency anemia
  – Supplements
  – Dry Mouth

• Lifestyle
  – Physical activity
  – Sleep
Heart Healthy, Anti-inflammatory Diet

- Fruits and vegetables
- Whole grains
- Beans
- Nut & seeds
- Fish
- Lean meat
- Herbs and spices
Healthy Fats

• Monounsaturated
  – Avocado
  – Nuts/seeds
  – Vegetable oils

• Polyunsaturated – Omega-3 fatty acids
  – Oily fish
    • Tuna, salmon, herring, mackerel
  – Walnuts
  – Chia and flax seeds
Pro-inflammatory Foods to Limit

• Refined grains
  – White bread/bagels/buns, pasta, crackers, pretzels
• Refined sugar
  – Table sugar, high fructose corn syrup, soda, dessert
• Fatty processed meats
  – Sausage, bacon, salami, pepperoni, hot dogs
• Fried foods
• Saturated fat
  – Butter, high fat dairy such as cream
• Alcohol
Despite the average daily recommendation of 2.5 cups of vegetables, Americans consumed an average of 1.6 cups in 2011—63 percent of the recommended amount. Americans’ fruit consumption was the farthest below MyPlate guidance at 38 percent of the recommended 2 cups.
More Plants, More Variety

• Fruits
  – Berries, citrus, stone fruits

• Vegetables
  – Leafy greens, orange, white

• Mushrooms (only plant source of vitamin D!)
  – Crimini, white button, portabella, chanterelle, oyster, shiitake

• Whole grains
  – Brown or wild rice, →

• Beans/legumes
  – Lentils, black, pinto, kidney, garbanzo, cannellini, great northern, lima
  – Tofu, tempeh

• Nuts and seeds
  – Walnuts, almonds, pistachios, peanuts
  – Chia, pumpkin, sunflower, sesame, flax

• From left, freekeh, amaranth, barley, quinoa, bulgur, millet and farro
## Strategies for Success

- **Plan ahead**
  - Don’t wait until you are hungry to make food decisions
    - Keep snacks in your desk/purse/car
  - Try dedicating 1 hour to sitting down and planning a weeks worth of meals, write it down
    - Keep all of your favorite recipes together
  - Include snacks and treats

- **Meal Prep**
  - Clean and chop vegetables for multiple meals at one time
  - Overnight oats

- **Make big batches and freeze leftovers**
  - Soup or chili
  - Oatmeal
  - Red sauce
  - Smoothies

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| SUNDAY | |
|--------| |
| breakfast: | lunch: |
| lunch: | dinner: |
| snack: |
Food to Avoid

• Alfalfa sprouts/seeds – contains L-canavanine, aggravates autoimmune responses increasing inflammation
  – Also found in legumes but in much smaller quantities, no need to avoid
Alcohol

• Mixing alcohol with pain medications can be fatal
• Risk of cirrhosis
  – Methotrexate
  – Leflunomide
  – Mycophenolate mofetil
• Can decrease absorption of medications
  – Warfarin
• Risk of GI bleed
  – Prednisone
  – NSAIDS – aspirin, ibuprofen, naproxen, celecoxib
• Ask your doctor if it is safe for you to consume alcohol
Sodium

- Increased risk of high blood pressure and kidney disease
  - 2,300 mg = 1 tsp
  - 1,500 mg = ½ tsp

- **Sodium-free**: Less than 5 milligrams of sodium per serving
- **Very low sodium**: 35 milligrams or less per serving
- **Low sodium**: 140 milligrams or less per serving

- **Reduced (or less) sodium**: Usual sodium level is reduced by 25 percent per serving
Words that suggest a food is high in sodium

- Cured
- Corned
- Pickled
- Smoked
- Broth
- Brine
- Soy sauce
- Teriyaki sauce
- Au jus
- Marinated
Tips for reducing sodium at home

- Read food labels, choose low sodium products
- Cut the salt in recipes by half or leave the salt out completely
- Buy unprocessed foods
- Drain and rinse canned foods to remove 40% more sodium
- Choose unsalted stock/broth for making soup at home (freeze for future meals)
- Season with fresh or dry herbs and spices
  - Try cooking with shallots (an onion-garlic hybrid), they give the impression of saltiness!
  - Nutritional yeast may also give them impression of a cheesy-salty flavor
- Keep the salt shaker off of the table

* Be aware that low-sodium versions of some foods, such as soy sauce, are still very high in sodium.
Seasoning Alternatives

- Herbs
- Spices
- Nutritional Yeast
- Blends
  - Mrs Dash
  - Penzeys spices
  - McCormick
Steroid therapy

- Increases bone loss leading to osteoporosis
- Increases blood pressure and cholesterol
  - Limit salt
  - Choose healthy unsaturated fats
- Stimulates appetite and weight gain
  - Practice mindful eating
- Esophageal reflux
- Elevated blood sugar
  - Be physical active
  - Limit processed sugar
  - Choose whole grains
  - Pair carbohydrates with protein
  - Make an appointment with a dietitian
“Mindful Eating is eating with intention while paying attention.”

Kati Konersman RD, CDE
Mindful Eating

- **Why?**
  - Hunger, tired, stress, boredom, visual cues
- **When?**
  - Before bed, middle of the night, afternoon
- **What?**
  - Convenience, taste, comfort, nutrition
- **How?**
  - On-the-go, distracted, secretive
- **How much?**
  - Till full or stuffed, package size, habit
- **Where?**
Heart Burn

• Limit trigger foods
  – Spicy, acidic, high fat, citrus
  – Carbonated beverages

• Avoid tight fitting clothing

• Small frequent meals, avoid overeating

• Staying upright after meals, don’t eat right before bed

• Avoid chewing gum or drinking out of straws if it causes you to swallow air

• Tell your doctor if you have any difficulty swallowing your food or frequent coughing after eating or drinking
Osteoporosis

• Thinning of the bones increasing risk for fracture

• Management strategies
  – Nutrition
    • Calcium & vitamin D
  – Weight baring activity
    • Walking
    • Stairs
    • Dancing
    • Weight training
  – Avoid tobacco
  – Limit alcohol
Sources of Calcium

Intake recommendation: 1,000-1,200mg

100 g sesame seeds = 989 mg (99% DI)
100 g chia seeds = 635 mg (64% DI)
100 g winged beans = 442 mg (44% DI)

1 cup almonds = 367 mg (37% DI)
100 g fried tofu = 372 mg (37% DI)
100 g turnip greens = 190 mg (19% DI)

1 cup bok choy = 158 mg (16% DI)
5 dried figs = 135 mg (14% DI)
1 herring fillet = 106 mg (11% DI)

1 tbsp ground savory = 88 mg (9% DI)
1 cup broccoli = 74 mg (7% DI)
1 cup orange juice = 72 mg (7% DI)

1 cup milk = 276 mg calcium (28% DI)
Vitamin D

• Intake recommendations: 600-800 IU or 15-20 mcg each day
• Sun – limit exposure
• Food Sources
  – Fatty fish – 150-450 IU per 3 oz portion
  – Egg yolks – 41 IU
  – Mushrooms - variable
  – Fortified milk and OJ – 100 IU per cup
  – Cheese – 6 IU per oz
• Consider a supplement
Iron Deficiency Anemia

• Heme iron – more easily absorbed
  – Meat and seafood
• Non-heme iron – take with vitamin C
  – Leafy greens
  – Nuts and seeds
  – Beans and peas
Supplements

• Choose USP verified manufactures
  – Nature Made
  – Kirkland Signature
  – Tru Nature

• Daily multivitamin

• Single nutrients only if deficient

• Read labels for alfalfa

• Avoid anything that advertises a boost in immune function
  – Echinacea

• Always tell your care team if you are taking any vitamin or herbal supplements
BUYERS NEED TO BE VIGILANT WHEN CHOOSING DIETARY SUPPLEMENTS. KEEP IN MIND THE 4 P’S OF QUALITY:

- **Positive Identity**
  - Is the product you’re buying actually what it says it is?
  - The USP Verified Mark signifies that a product has passed rigorous testing and auditing criteria.

- **Purity**
  - What else could your supplement contain?
  - Examples of unwanted ingredients include heavy metals, pesticides, mold, or even active pharmaceutical ingredients.
  - The USP Verified Mark ensures that your product does not contain harmful levels of specified contaminants.
  - Some unnecessary or unwanted ingredients can have negative health effects.

- **Potency**
  - Are the ingredients present in the right amount?
  - Many dietary supplements on the market contain too much, too little, or none of the listed ingredients.
  - Children’s dietary supplements **MUST** contain the right potency.
  - Small bodies can easily be affected by too much of a particular ingredient.

- **Performance**
  - Will the product break down so your body can absorb the ingredients? If it does not dissolve, it is likely to pass right through your system without any effect on your health.
  - The USP Verified Mark ensures that the product will break down and release into the body within a specified amount of time.
• Take small sips of fluids. Cold fluids may feel more refreshing.
• Suck on ice chips, but don’t chew them.
• Use fruit as a juicy way to moisten mouth. Be cautious about portion size if you are watching your blood sugar. Freezing fruit may help slow how fast you can eat them, try frozen grapes, blueberries, melon balls, peach slices, or banana pieces.
• Use gum, mints, or hard candies sweetened with xylitol to help stimulate saliva flow such as Ice Chips® candies.
• Use a saliva substitute or oral moisturizer such as XyliMelts®, Oral Balance®, or Mouth Moisturizer®.
• If eating becomes difficult due to dry mouth choose soft, moist foods.
• Use cold mist humidifier in your home, especially your bedroom at night.
Preventing Cavities

• Continue practicing good oral care, brushing 30 minutes after meals and flossing daily.
  – If flossing is difficult try Reach Access Flossers or Sonicare Air Flosser.
• Regularly use a fluoride containing, alcohol-free mouthwash.
• Limit intake of highly acidic foods such as citrus, tomatoes, cranberry juice, coffee, soda, and alcohol as it can erode the tooth enamel also increasing risk of cavities.
• Avoid sweet, sticky foods such as dried fruit, candy made with real sugar (and cough drops), honey, jelly/jam, and sugar coated nuts.
• Choose artificially sweetened products containing xylitol. Xylitol helps to balance the pH of your mouth and prevent cavities.
• Avoid tobacco products.
• You dentist may advise you to use fluoride toothpaste or apply fluoride varnish during your visit.
Physical activity

• Oxygenates tissues
• Strengthen muscle and bone
• Improve flexibility
• Promote a sense of well being
  – Lack of activity can worsen fatigue
• Physical activity doesn’t have to mean going to the gym.
  – Try walking the dog, gardening, riding a bicycle, or taking the stairs.
• Start slow and build up. Pace yourself, plan rest breaks.
• Do not exercise inflamed joints.
  – Rest but continue range of motion movements
  – Warm heat: shower, bath, hot tub, jacuzzi
  – Ice: first 36 hours after injury
Sleep

• Go to bed at a similar time each night
• Wake up at a similar time each morning
• Create a bed time routine
  – Warm beverage
  – Read a book
  – Warm bath or shower
• Don’t use your bedroom for other activities
• Limit screen time before bed
Resources

• The Lupus Book: A guide for Patients and Their Families by Daniel J Wallace, MD
  – Available at the Seattle Public Library

• National Resource Center on Lupus by Lupus Foundation of America
  – http://www.resources.lupus.org/

• Johns Hopkins Lupus Center
  – https://www.hopkinslupus.org/