

What to Eat: Diet & Meal Planning

ANNUAL NORTH CAROLINA LUPUS SUMMIT
RALEIGH, NC

PRESENTATION BY:
LINDSAY SAPPAH, RD LDN CNSC

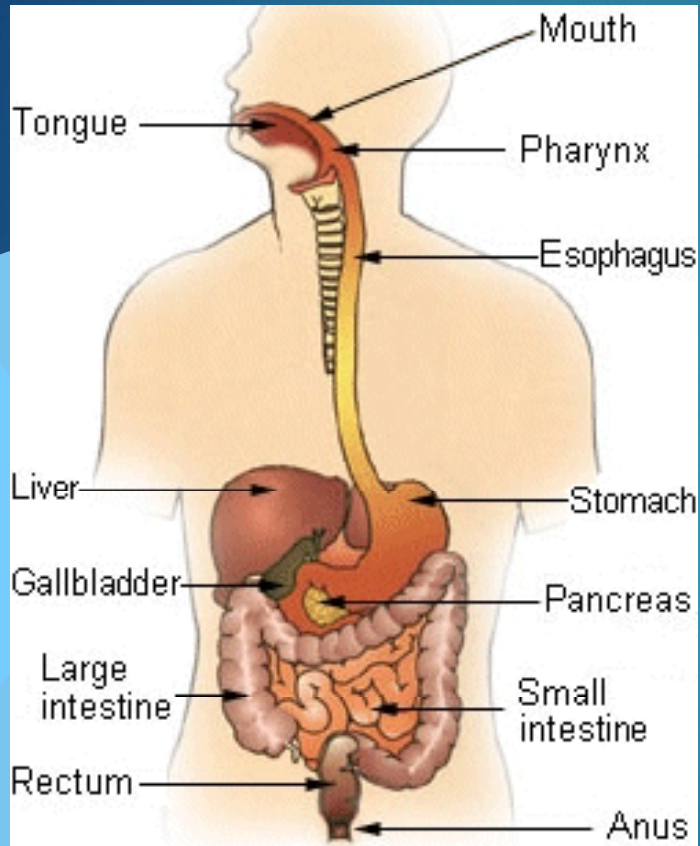
Disclosures

I have nothing to disclose

Lupus and Your Body

- ▶ A chronic inflammatory disease that occurs when your body's immune system attacks its own tissues and organs; a systemic disease
- ▶ Scientists believe people are born with the genes to develop lupus; difficult to diagnose
- ▶ Often brought on or triggered by an assault to the body (environment, hormones)
 - ▶ An autoimmune disease that can affect various parts of the body:
 - ▶ Skin
 - ▶ Joints
 - ▶ Blood
 - ▶ Kidneys
 - ▶ Heart
 - ▶ Lungs

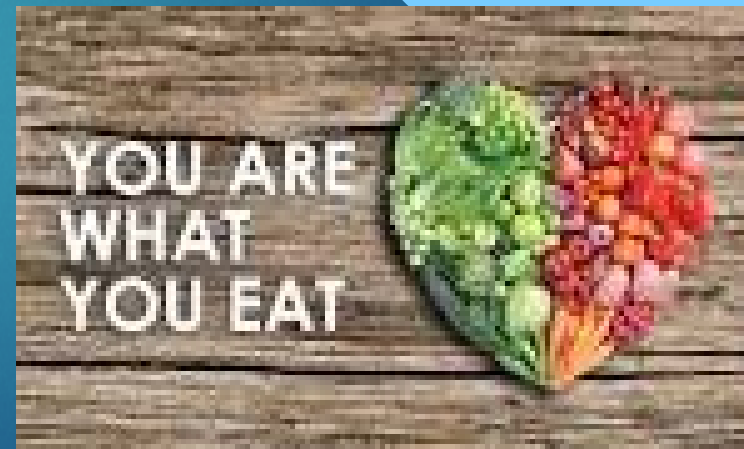
Lupus and Your Body



It is a systemic disease, so maintaining an overall healthy diet and taking good care of your body can help decrease inflammatory markers

Lupus: Why Nutrition Matters?

- ▶ Using and adopting a healthy lifestyle is advantageous
- ▶ Besides looking good and feeling good nutrition is important to:
 - ▶ Sustain energy
 - ▶ Maintain muscle mass
 - ▶ Nourish our organs and cells in our body
 - ▶ Overall well being (mentally and physically)



DON'T FORGET,
YOU ARE WHAT
YOU EAT.

I NEED TO
EAT A
SKINNY
PERSON.



Lupus and Diet: Inflammation

- ▶ According to the Cleveland Clinic, Inflammation is *the* process by which the body's white blood cells and chemicals protect us from infection and foreign substances such as bacteria and viruses and thus cause the inflammation.
 - ▶ Effecting joints, muscles, organs and other vital body parts

The first signals that your immune system is being called into action:

- ✓ Redness
- ✓ Swelling
- ✓ Heat
- ✓ Pain

Lupus and Diet: Inflammation



- ▶ Consuming a well balanced, nutritious and varied diet can reduce inflammation and/or lessen the effects of insult on the body
- ▶ While on the other hand, some foods can cause inflammation in the body resulting in further damage to the cells

Lupus and Diet: Inflammation

- ▶ Anti-Inflammatory foods may help reduce inflammation on the body and prevent further inflammation insult
- ▶ What are Anti Inflammatory foods?
 - ✓ Healthy, wholesome and unprocessed
 - ✓ High in omega-3 fatty acids
 - ✓ Antioxidant rich
 - ✓ Nutrient dense
 - ✓ Consuming foods in their most raw form
 - ✓ Less food labels
 - ✓ Less packaging



Anti-Inflammatory Foods

- ✓ *Healthy, Wholesome and Unprocessed*

Is your food coming in a package?

How long has it been sitting on the shelf?

- ✓ *High in Omega-3 Fatty Acids*

Essential for human health and 'normal' function of the body

Our body does not make these -- we must obtain these from our diet

Increased consumption of omega-3 fatty acids have been found to reduce inflammation throughout the body -- in the blood vessels, the joints, and elsewhere

Anti-Inflammatory Foods

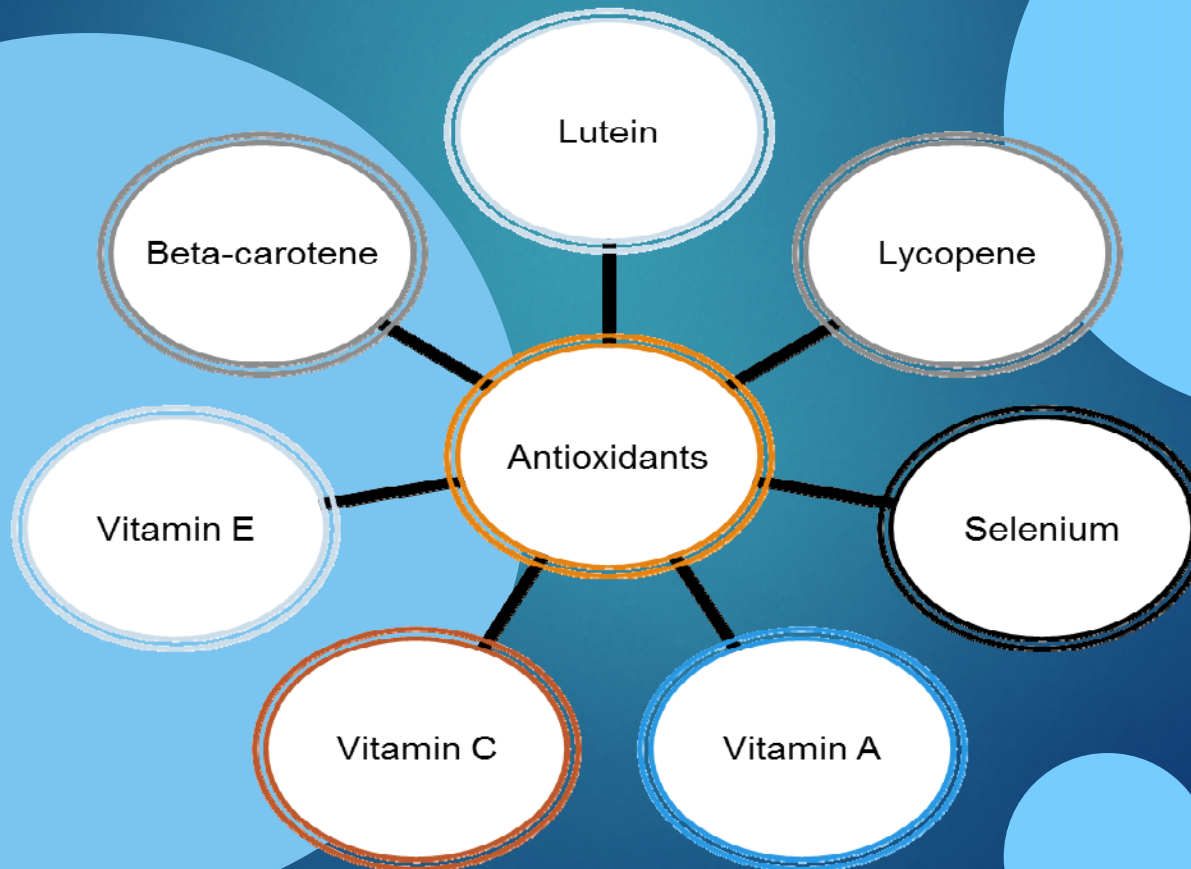
- ▶ Dietary sources of omega-3's:
 - ▶ Wild salmon, sardines, herring, anchovies.
 - ▶ Flaxseed, hempseed and walnuts.
 - ▶ Brussels sprouts, kale, and spinach.
 - ▶ Additional anti-inflammatory fats include extra-virgin olive oil, avocado oil, flaxseed oil, hempseed oil and walnut oil.



Anti-Inflammatory Foods

✓ *Antioxidant Rich*

Substances found in foods that may protect the body against inflammation causing free radicals



Anti-Inflammatory Foods: Antioxidant Rich



Vitamin E → nut/seed oils

Vitamin C → broccoli,
peppers, citrus,
strawberries

Vitamin A → root
vegetables

Lutein → brussels sprouts

Lycopene → tomatoes,
watermelon, grapefruit

Selenium → grains,
seafood and meat

Anti-Inflammatory Foods: Nutrient Dense



- ▶ By definition, a food that has high nutrient profile (protein, vitamins and minerals) while providing a low amount of calories
- ▶ A lot of nutrients with little calories:
 - ▶ Leafy Greens
 - ▶ Whole grains (quinoa, millet)
 - ▶ Fruits (berries)

Lupus and Diet: Meal Planning

- ▶ How will this work for me?
- ▶ Reduce saturated fat intake
- ▶ Increase your intake of healthy fats. Feeling fishy?
- ▶ Eliminate refined, processed carbohydrates. Hello, whole grains!
- ▶ Flood the diet with fruits and vegetables
- ▶ Keep tabs on trigger foods
- ▶ Stress reduction
- ▶ BALANCE!



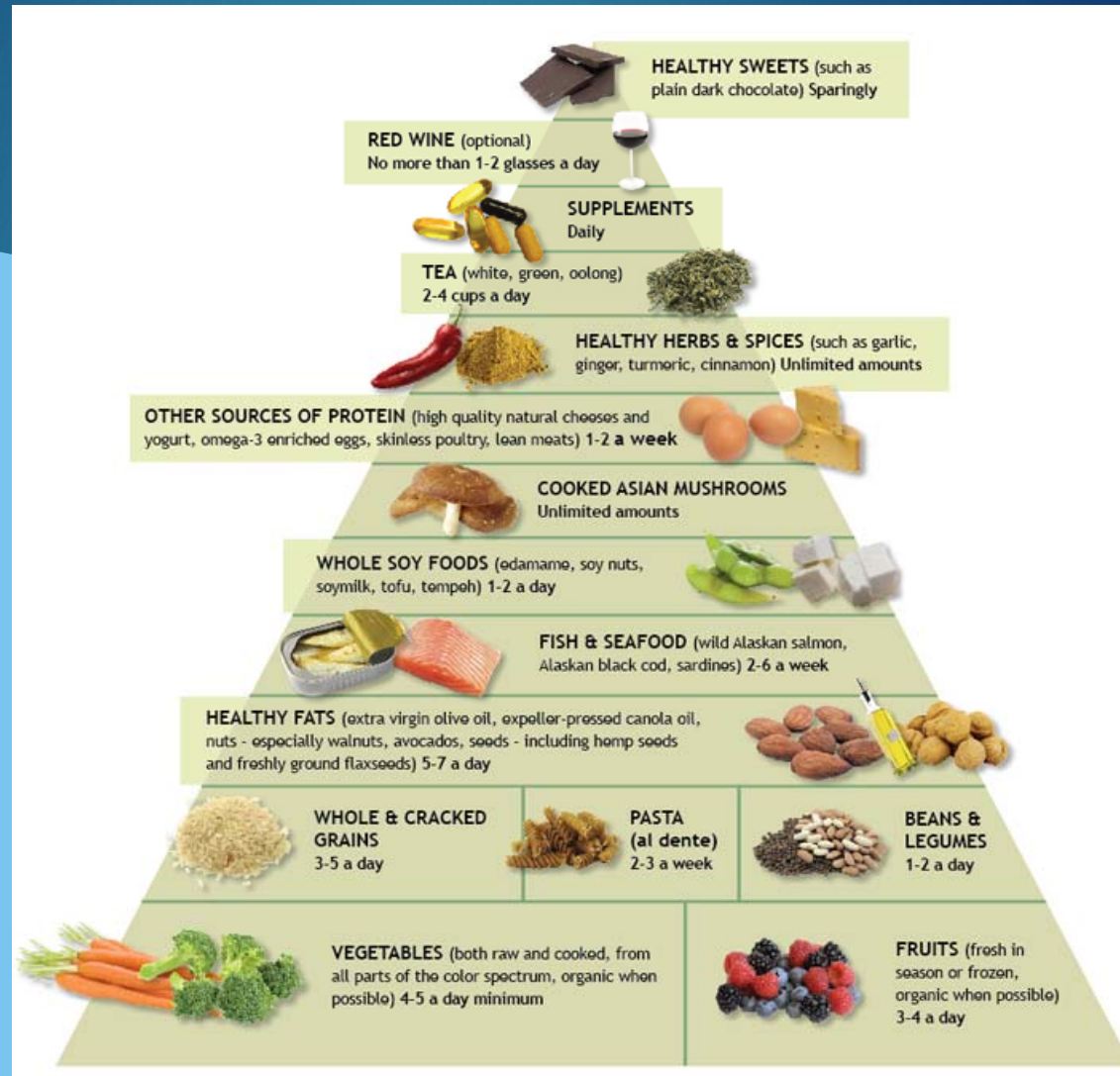
Lupus and Diet: Meal Planning

- Commit to yourself
- Take time to plan
- Make a list
- Shop with savings in mind
- Always keep quick staples on hand
- Get creative

Keep your kitchen stocked with healthy staples:

- ✓ Rotisserie Chicken
- ✓ Couscous
- ✓ Canned tomatoes
- ✓ Frozen cooked shrimp
- ✓ Canned beans
- ✓ Frozen vegetables

Dr. Weil's Anti-inflammatory Food Pyramid

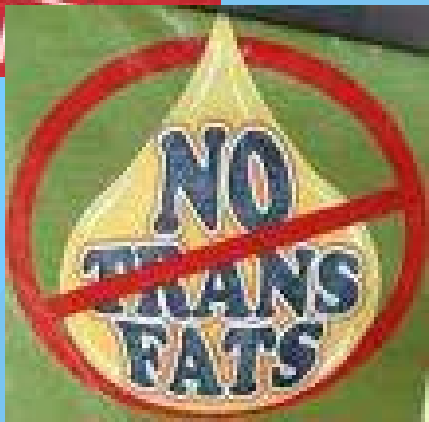


Lupus and Diet: Meal Planning

Meal ideas:

- Breakfast – Amaranth Porridge
- Lunch – Raw Pad Thai
- Snack – Kale chips
- Dinner- Bison tenderloin with beet salad
- Dessert/ Snack – Cinnamon Baked Apples

Foods That May Cause Inflammation



- ❑ Sugar
- ❑ High in Saturated Fats
- ❑ Excessive alcohol
- ❑ Processed meats
- ❑ Trans-fats

Mindful Eating - A New Approach

- ▶ So you have watched your diet, added an abundance of fruits, vegetables, lean protein and whole grains? What's next?
 - ▶ Food diary
 - ▶ Scheduled meal times
 - ▶ Physical activity
 - ▶ Establish goals, often
- ▶ Medications- steroids
 - ▶ Most common side effect → weight gain

Nutrition- The “Specifics”

No “lupus diet”

Varied with moderation

Gluten free...not always the way to be

Medications can cause weight gain





What are your Questions?

References

Dr. Andrew Weil. <http://www.drweil.com/>

Lupus Foundation of America. <http://www.lupus.org/newsite/index.html>

Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/lupus/basics/definition/con-20019676>