

nourishment notes

Lupus

Nourishment Notes



Apples

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



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.



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.



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.



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.

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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.



Chicken

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



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.



Turkey

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



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.

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♥ 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 healthy gut bacteria our body needs to perform its best. Onions may also help reduce the risk of certain cancers, such as colon cancer.



♥ Pepitas

Pepitas are a certain 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.



♥ 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.



♥ 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.

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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 a plant-based source of omega-3 fatty acids. This type of fat is important for heart and brain health, as well as reducing inflammation within the body.



Wild Rice

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



Yogurt

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