

## popular diets

### Lupus

Managing lupus symptoms is important for living your best life. Although there is limited evidence supporting a specific diet to treat or manage symptoms, many with lupus choose to follow certain eating patterns. Below are some of the most widely recognized diets recommended for the lupus community. Before starting any diet plan, talk with your doctor or a registered dietitian. For more information on eating well with lupus, check out the *General Nutrition Recommendations* resource.

Diet	Details
<p><b>Heart-Healthy Diet</b></p>	<ul style="list-style-type: none"> <li>• Encourages a diet rich in colorful fruits and vegetables.</li> <li>• Emphasizes the importance of whole grains, lean protein foods, and low-fat dairy products.</li> <li>• Stresses the importance of replacing saturated and trans fats with heart-healthy fats. These include omega-3 fatty acids (fatty fish, walnuts, chia seeds, flax seeds) and monounsaturated fats (avocado, olive oil, almonds).</li> <li>• Limits the intake of salt and added sugars.</li> </ul>
<p><b>Mediterranean Diet</b></p>	<ul style="list-style-type: none"> <li>• Encourages a diet rich in whole grains, vegetables, fruits, legumes, olive oil, and fish.</li> <li>• Limits saturated fat, red meat, poultry, dairy products, and processed food.</li> <li>• Promotes the use of herbs and spices to flavor food instead of salt.</li> </ul>
<p><b>Nightshade Elimination Diet</b></p>	<ul style="list-style-type: none"> <li>• A strategic dietary removal of nightshades.</li> <li>• Nightshades are a class of vegetables including tomatoes, peppers, eggplant, and potatoes.</li> <li>• The vegetables are systematically taken out of the diet and then added back in, one at a time, over the course of several weeks/months.</li> <li>• The purpose of this diet is to determine if one (or all) nightshade causes an increase in lupus symptoms and inflammation.</li> </ul>