

Living with *Lupus*

There is no special diet for lupus. In general, you should try to eat a variety of nutritious, sensible foods. The best meal plan is one that is high in fiber, low in fat, low in sodium (salt), and low in refined sugars.

What's refined sugar?

Refined sugar comes from sugar cane or sugar beets, which are processed to get the sugar out. We often use refined white and brown sugars to sweeten cakes and cookies, coffee, and cereal. Manufacturers add refined sugars to many foods and drinks. Refined (processed)

sugar can be harmful and may contribute to inflammation.

When you're reading labels, they list sugar in grams. But how much is a gram? There are 4 grams of sugar in 1 teaspoon.

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are:



Men	9 teaspoons (37.5 grams)
Women	6 teaspoons (25 grams)

One of the easiest ways to avoid added sugars is to look for them on ingredient labels. Added sugars in foods and drinks may be listed on labels as: brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, evaporated cane juice, high-fructose corn syrup, liquid fructose, raw sugar, and more.

There are no definite rules when it comes to planning your lupus diet. Try to include a wide-range of foods that contain antioxidants (like beta-carotene, vitamin A, and vitamin C) and essential fatty acids (like eggs, flax, walnuts, and olive oil).

Make sure you get enough iron. Use coffee and tea in moderation. Avoid highly processed and preserved foods. Keep track of foods that seem to trigger your lupus symptoms.

So, no refined sugar, right?

Completely cutting out refined sugar is not an easy task. And it's not something that you necessarily need to do. Try to eat as little refined sugar as possible.



It's hard to plan healthy meals and eat on a budget!

We know! Here are a few of our favorite websites for meal plans and planning tools:

- www.eatingwell.com: Lots of recipes, including nutritional information per serving plus many different meal plans.
- www.diabetesfoodhub.org: Even if you don't have diabetes, this is a great website with healthy meal plans and planning ideas plus recipes.
- www.thekitchn.com: This website has video instructions on how to prepare many of their recipes as well as cooking techniques. It's very helpful for the new cook! Recipes are really simple and use whole food ingredients.

We like this app, too!

- **Mealime** (That's spelled correctly!): Allows you to filter recipes by meal type, allergies, and food restrictions. Available from the App Store and Google Play. Free.

Foodlink *follow up*

There was concern raised of poor quality produce on the Foodlink truck in some neighborhoods. Our friends from Jordan Health spoke with Foodlink and here's what they told us. Sometimes the truck will make multiple stops without going back to pick up fresh produce. In these cases, the selection may be picked over.

They would like to provide quality produce, so they would like you to call to report your concerns so they can monitor and do something about it!

Questions about healthy eating? Call us at (585) 486-0901.