

# A Guide to Good Nutrition

*This article has general information and is not meant to replace health guidance specific to any individual. Speak to your healthcare provider before making any changes to your lifestyle.*

## Focusing on your overall wellness.

Your symptoms may make certain aspects of everyday life challenging, but there are things you can do to help make balanced and smart choices while managing your specific autoimmune disease.



### ENSURING YOUR OVERALL WELLNESS FOODS TO AVOID

In patients with autoimmune diseases, negative immune responses can be triggered by certain foods. It may be helpful to avoid the foods listed below:

- **Red meat:** such as beef, goat, pork, or lamb
- **Refined sugars:** often found in white bread and some cereals
- **Fried foods:** such as french fries or mozzarella sticks
- **Margarine or shortening**
- **Dairy:** including milk, cheese, yogurt, and ice cream
- **Alcohol:** beer, wine, and spirits
- **Sugar:** sweetened beverages: including soda, tea, and sports drinks

### PROTECTING YOURSELF FOODS TO REACH FOR

When it's time to enjoy, there are many great options that are proven to help reduce inflammation and may lower risk of other comorbidities.

- **Vegetables:** like tomatoes or leafy greens, such as spinach, kale, and collards
- **Fruits:** including strawberries, blueberries, cherries, and oranges
- **Olive oil:** a great source of unsaturated fat
- **Nuts:** like almonds and walnuts
- **Fish:** including salmon, mackerel, tuna, and sardines

.....

**Navigating everyday life with an autoimmune condition is possible.**

.....