

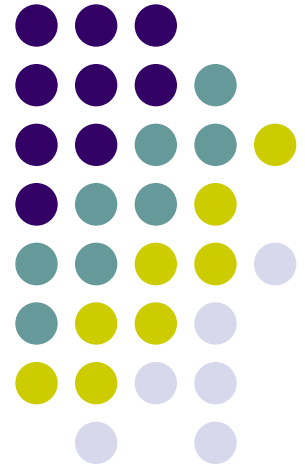
# Eating Down Inflammation

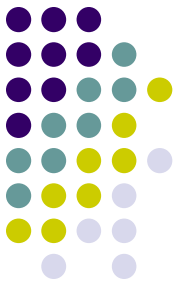


## A Lupus Workshop

Presented by:  
Jennifer M. Hnat, RD 2B

on behalf of The Lupus Foundation of American

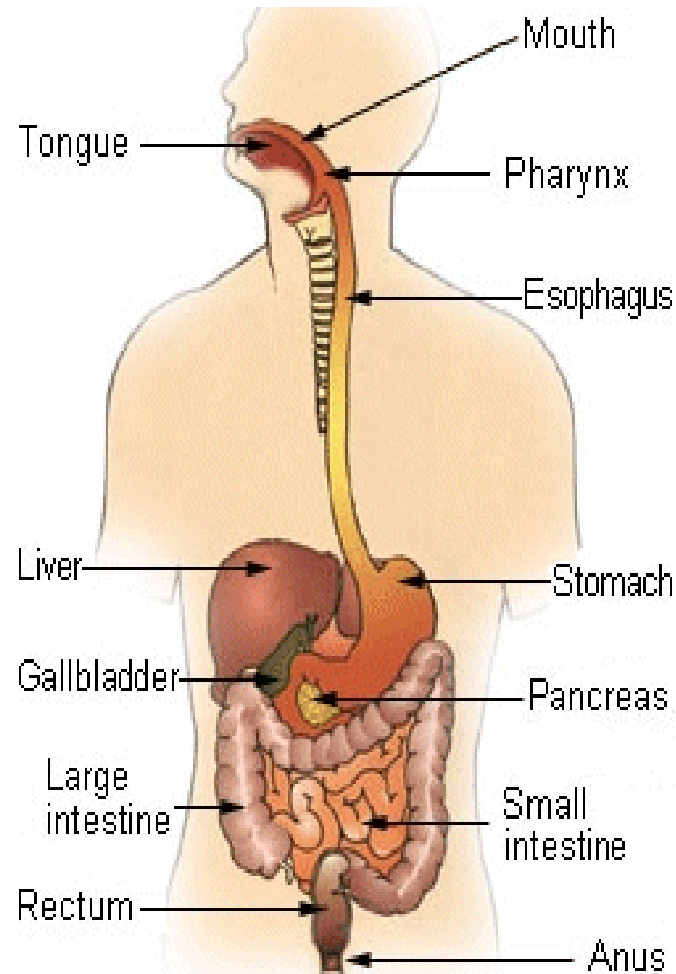
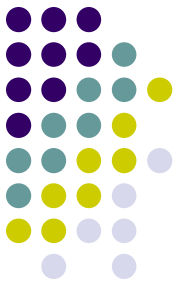




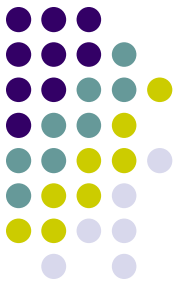
# Lupus and Your Body

- A chronic *inflammatory disease* of unknown etiology
- Scientists believe people are born with the genes to develop lupus
- 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 among other processes

# Lupus and Your Body

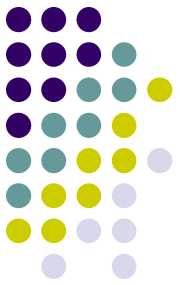


# Your Body – Why Nutrition Matters?



- Using and adopting a *healthy lifestyle* is advantageous
- Besides looking good and feeling good nutrition is important to:
  - Sustain energy
  - Maintain muscle mass
  - Decrease inflammation
  - *Nourish our organs and cells in our body*





# What is Inflammation?

- 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



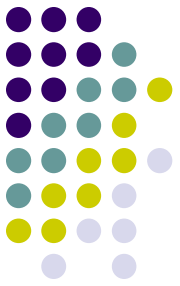
# Inflammation and Nutrition



- Often times consuming a well balanced, nutritious and varied diet can *reduce* inflammation and/or lessen the effects of insult on the body
- Some foods can cause inflammation --> *further damage to the cells*



# Anti- Inflammatory Foods

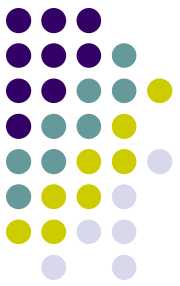


- What are they?
  - Healthy, wholesome and unprocessed
  - High in omega-3 fatty acids
  - Antioxidant rich
  - Nutrient dense





# Anti- Inflammatory Foods- Healthy, Wholesome, and Unprocessed



- Consuming foods in their most raw form
- Less food labels
- Less packaging



## COUNTERTHINK

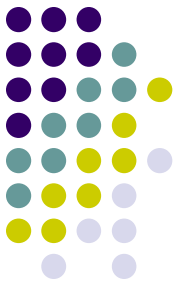


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www.NewsTarget.com

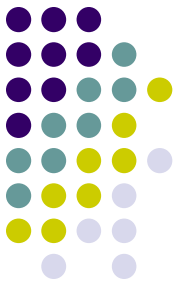


# Anti- Inflammatory Foods- High in Omega- 3 Fatty Acids

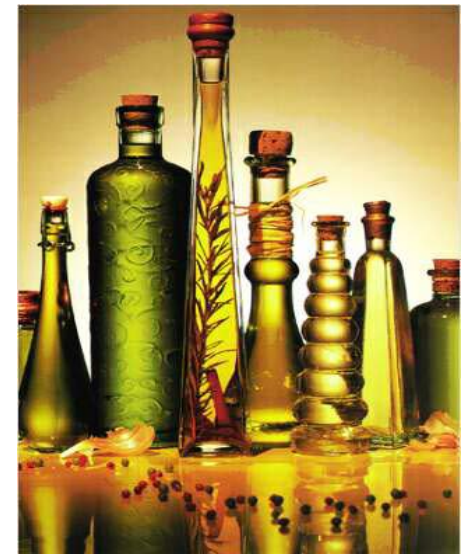


- Essential for human health and ‘normal’ function of the body
- “Essential” means our body does not make these -- must obtain these from our diet
- Increased consumption of *omega- 3 fatty acids* have been found to *reduce inflammation* throughout the body -- in the blood vessels, the joints, and elsewhere

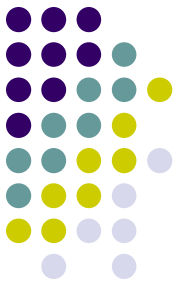
# Anti-Inflammatory Foods- High in Omega-3 Fatty Acids



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



# Antioxidant Rich Anti-Inflammatory Foods-



- Substances found in foods that may protect your cells against *free radicals*
  - Free radicals = molecules produced when your body breaks down food and/or environmental irritants
  - Suspected causes of free radicals: pollution, pesticides, radiation, physical/emotional stress, smoking & alcoholic beverages, illness due to infection, solvents, air conditioners, aerosol spray, dry cleaners, UV rays

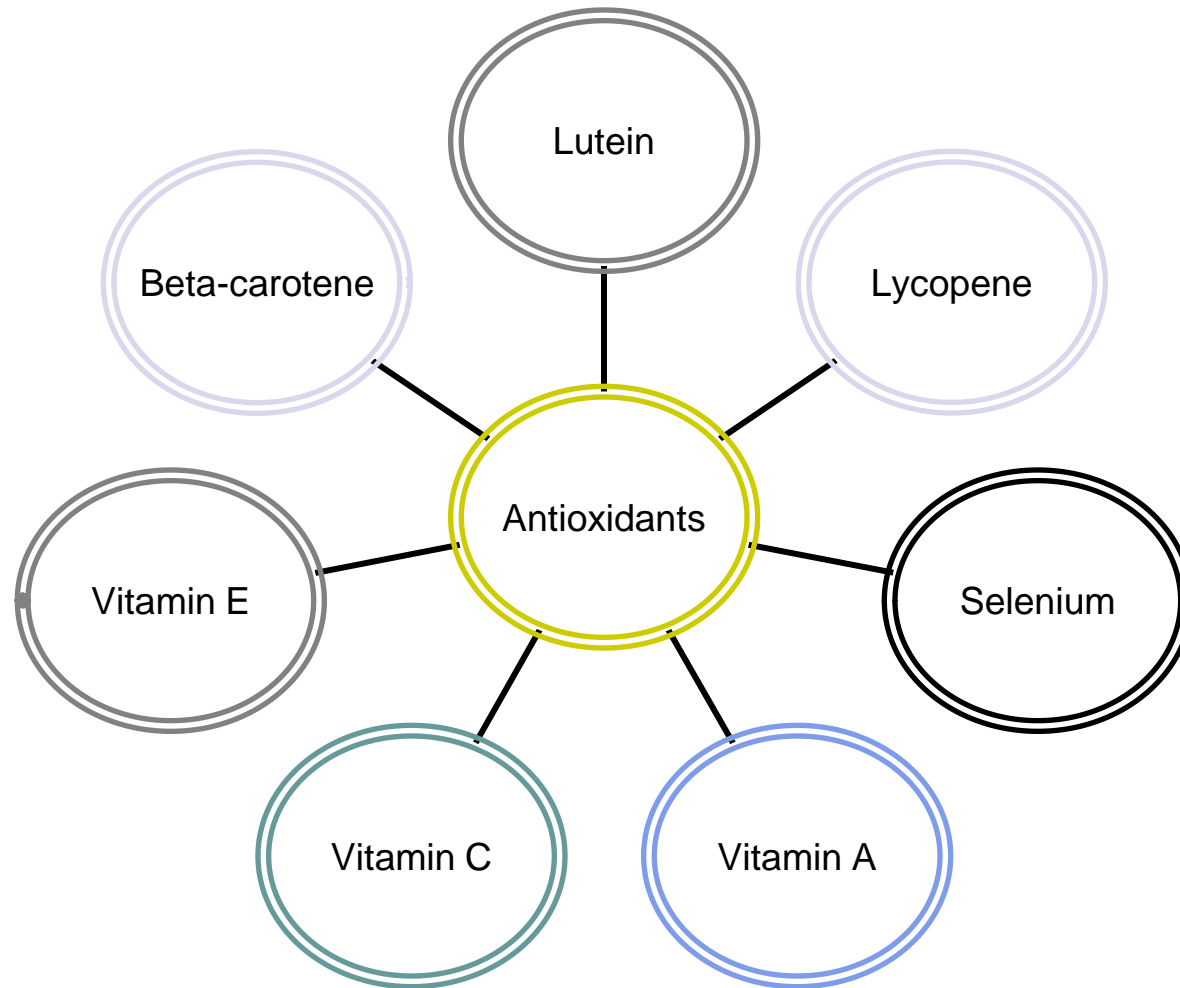
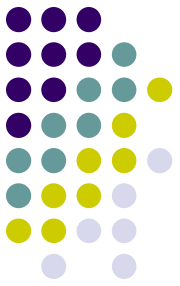


Healthy  
Living

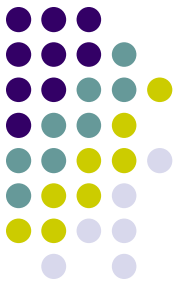




# Anti- Inflammatory Foods- Antioxidant Rich



# Anti-Inflammatory Foods- Antioxidant Rich



**Vitamin E → nut/seed oils**

**Vitamin C → broccoli, peppers, citrus, strawberries**

**Vitamin A → root vegetables, pumpkin!, eggs, dark/green veggies**

**Astaxanthin → carrots, peppers, shrimp, lobster, crab, wild salmon**

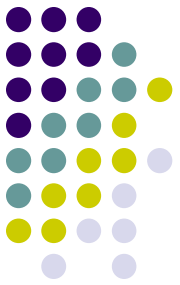
**Beta Carotene → dark green/orange-yellow veggies: carrots, sweet potatoes, squash, spinach broccoli**

**Lutein → brussels sprouts, broccoli**

**Lycopene → tomatoes, watermelon, grapefruit**

**Selenium → brazil nuts, grains, seafood and meat**

# Anti-Inflammatory Foods- Nutrient Dense



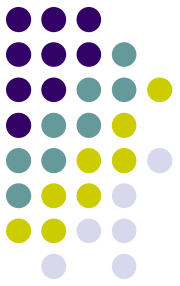
- By definition, a food that has *high nutrient profile* (protein, vitamins and minerals) while providing a low amount of calories

Often dubbed “The World’s Healthiest Foods...” More bang for your buck?

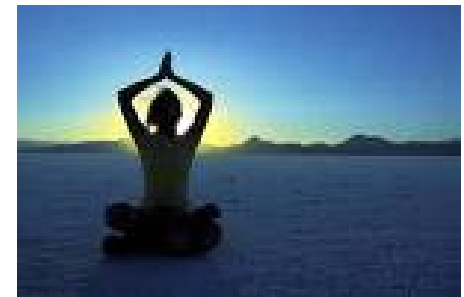
- Leafy Greens
- Whole grains (quinoa, millet)
- Fruits (berries)



# How to Incorporate an Anti-Inflammatory diet into your life

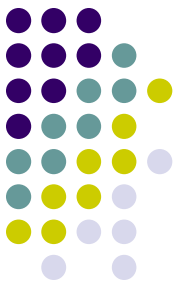
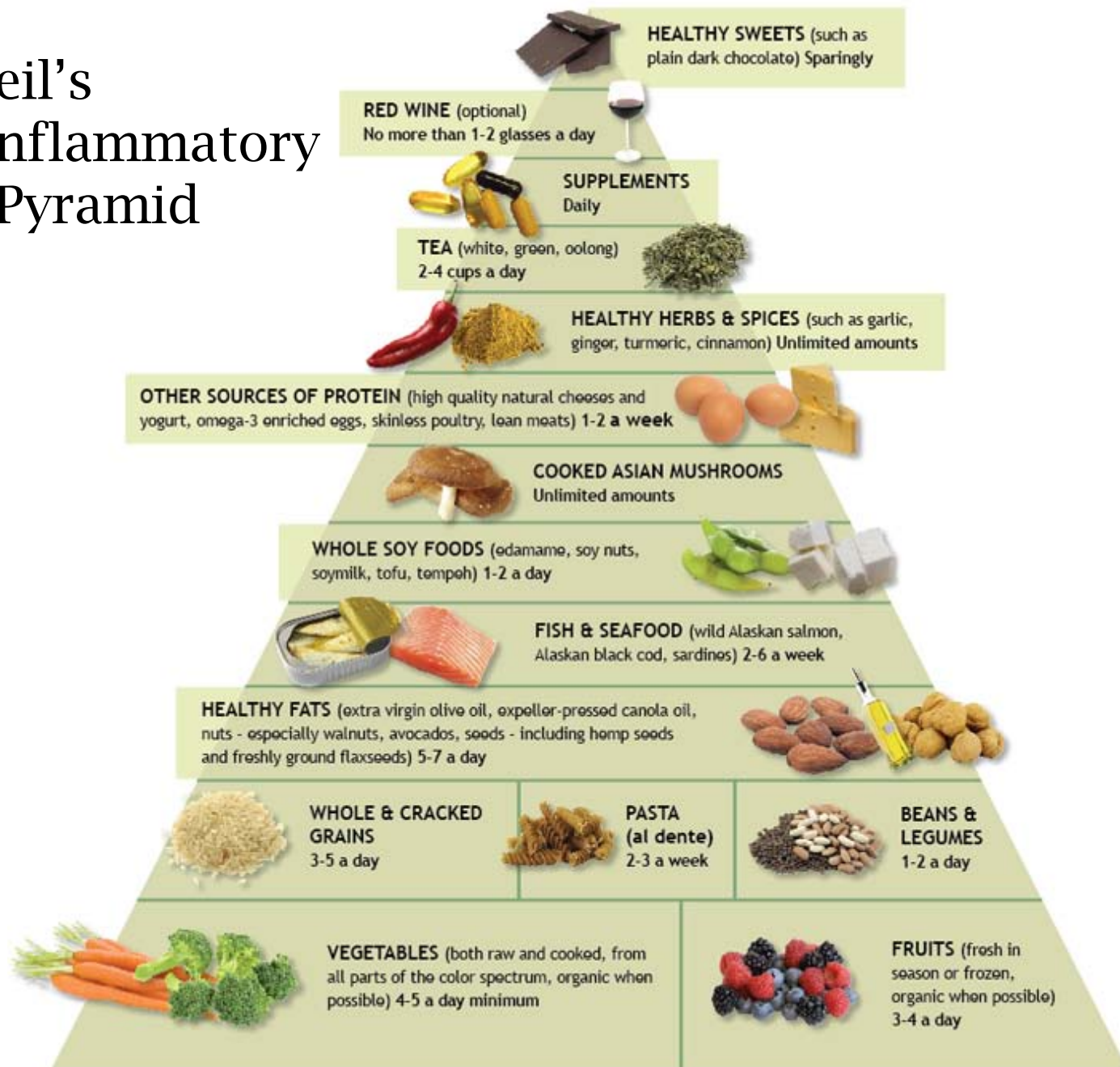


- Reduce *saturated fat* intake
- Increase your intake of *healthy fats*.  
Feeling fishy?
- Eliminate refined, processed carbohydrates. Hello, whole grains!
- Flood the diet with fruits and vegetables
- Keep tabs on trigger foods
- Stress reduction

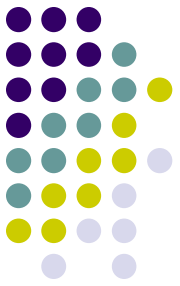




# Dr. Weil's Anti-inflammatory Food Pyramid

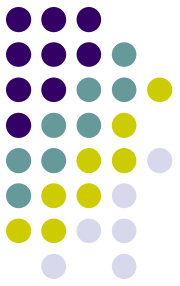


# Foods That May Cause Inflammation



- Sugar
- High in Saturated Fats
- Excessive alcohol
- Processed meats
- Trans-fats (not our friends!)

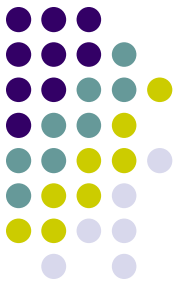
# Mindful Eating - A New Approach



Changed your diet, added fruits, vegetables, lean protein and whole grains. What's next?

- Food diary
- Scheduled meal times
- Physical activity
- Medications- steroids
- Common side effect → weight gain



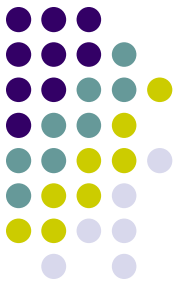


# Nutrition- The “Specifics”

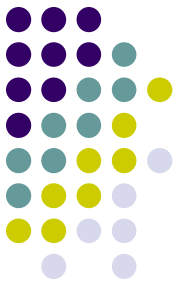
- No “Lupus Diet”
- Varied with moderation
- Gluten free...not always the answer
- Medications can cause weight gain



**Thank you...**



**Questions & Comments.....**



# References

- Dr. Andrew Weil: <http://www.drweil.com/>
- Smart Nutrition: [www.nutrition.gov](http://www.nutrition.gov)
- LFA National Office [www.lupus.org](http://www.lupus.org)
- LFA Piedmont Chapter: [www.lupuslinks.org](http://www.lupuslinks.org)
  - 877-849-8271 ext. 1 or info@lupuslinks.org