

NUTRITION AND AUTOIMMUNE DISEASE

A **healthy diet** can go a long way toward improving overall health, especially for those with a chronic inflammatory disease.



THE MYOSITIS ASSOCIATION

Avoid processed and fast foods, especially high fructose corn syrup, artificial ingredients, preservatives, and pesticides. Opt for lots of brightly colored fresh fruits and vegetables and unrefined foods.



Eat fewer foods made with processed wheat flour and sugar, especially bread, pasta, and most packaged snack foods. Choose instead foods containing whole grains, such as brown rice, quinoa, and bulgur wheat.



Decrease intake of saturated fat by eating less animal fat and products made with palm kernel oil.

Use extra-virgin olive and avocado oil.



Include avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.



Increase omega-3 fatty acids in your diet by eating salmon, sardines, herring, black cod, omega-3 fortified eggs, hemp, chia, and flax seeds.



Eat more vegetable protein, especially from beans, soy, and choose fish, chicken, and occasionally grass-fed beef.



Avoid drinking soda, and choose tea instead of coffee.

If you drink alcohol, red wine is preferable (1 glass/day).



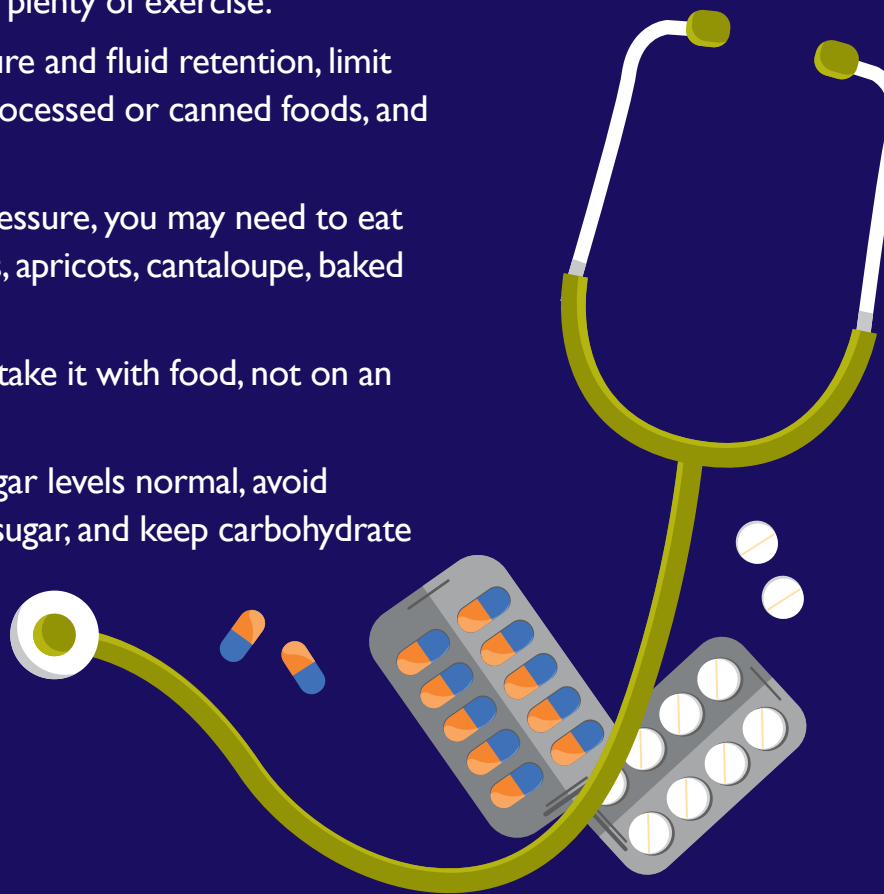
Enjoy a little chocolate occasionally, with a minimum of 70% cocoa.





For those taking corticosteroids

- » Prednisone increases appetite. To avoid weight gain, eat lower-calorie foods and frequent small meals, and get plenty of exercise.
- » To reduce the risks of high blood pressure and fluid retention, limit salt intake by eating fresh rather than processed or canned foods, and avoid added salt.
- » If you take medication for high blood pressure, you may need to eat foods high in potassium, such as bananas, apricots, cantaloupe, baked potatoes, and tomatoes.
- » Prednisone can irritate the stomach, so take it with food, not on an empty stomach.
- » Diabetes is also a risk. To keep blood sugar levels normal, avoid foods high in simple carbohydrates like sugar, and keep carbohydrate intake at 45-60 grams per day.



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