

Nutrition Strategies for Autoimmune Conditions

Anti-inflammatory All-Stars: Foods to Include

Omega-3 Fatty Acids

Eat fish 2x/week

Eat plant sources daily

- salmon
- tuna
- sardines
- herring
- walnuts
- chia seeds
- flaxseed
- hemp seed

Phytonutrient-Rich Foods

- | | | |
|--------------------|---------------------|---------------------|
| • apple | • cherry | • pecan |
| • blackberry | • cinnamon | • peppermint, dried |
| • blackcurrant | • clove | • plum |
| • black elderberry | • cocoa powder | • red raspberry |
| • blueberry | • dark chocolate | • rosemary, dried |
| • Bok choy | • flaxseed meal | • star anise |
| • broccoli | • green & black tea | • strawberry |
| • cabbage | • hazelnut | • turnips |
| • cauliflower | • marjoram | • turmeric root |
| • celery seed | • onions | |
| • chestnut | • oregano, dried | |

Reduce the Inflammatory Fire: Foods to Limit

Limit

- Alcohol
- Caffeine
- Low-fiber Processed Grains
- Omega-6 fats
- Sodium
- Sugar
- Ultra-processed food & drinks

Identify Personal Triggers

Track food/drink + symptoms for 2 weeks to find out patterns. Food triggers vary by person, but these are some of the most common:

- | | |
|---------------|---------------------------------|
| • corn | • peanuts |
| • dairy | • shellfish |
| • eggs | • soy |
| • gluten | • sugar & artificial sweeteners |
| • nightshades | • sugar alcohols |

Recommendation: Meet with a practitioner to create a personalized plan & optimal nutrient intake. An Elimination Diet may be a helpful next step.

Supplements to Consider for Chronic Inflammation

- Vitamin D: get levels tested to find out how much you need
- Curcumin: 500mg per day
- Probiotics: choose product with multiple types of bifidobacteria + lactobacillus
 - Lactobacillus casei
 - Lactobacillus reuteri
 - Lactobacillus rhamnosus



Mediterranean Diet Score (aMED)

Following a Mediterranean style diet has been shown to support preventing and improving health conditions like anxiety and depression, heart disease, diabetes, chronic inflammation, and more. See how close you are to eating this way by answering the questions below.

Yes = 1 | No = 0

Add up your answers for your Total Score

Is olive oil used as the main source of fat <i>(cooking, dressings, marinades, sauces)?</i>	
Are at least 2 cups of vegetables consumed every day?	
Are at least 2 cups of fruit consumed every day?	
Is <1 serving of red meat/processed meat eaten each week? <i>1 serving of red meat is around 3 ounces or the size of a deck of cards</i>	
Do you consume 1 serving or less of red wine (and no more than 2) most days?	
Are at least 4 servings of legumes <i>(beans, lentils, chickpeas)</i> consumed each week?	
Are at least 2 servings of fish or seafood consumed each week? <i>1 serving of fish is 3-4 ounces</i>	
Is at least 1 serving of nuts consumed every day? <i>1 serving of nuts is between 2 Tablespoons - 1/4 cup</i>	
Are at least 2 servings of whole grains consumed each day? <i>1 serving of whole grains is between 1/3 cup - 1/2 cup cooked</i>	
Total score	

INTERPRETING YOUR SCORE

Score **What you eat aligns with the Mediterranean Style Diet:**

8-9 Is very aligned

6-7 Has a lot in common

4-5 Includes some elements

0-3 Is not aligned

Research shows: the most health benefits occur with a score of 6 or higher.

Each 1-point score increase is associated with lower risk of a variety of chronic diseases.