

Lupus and eating: Why am I not hungry?

How many calories should I have each day?

Try for 3,000 calories. Here's an example of how you might plan your meals:

Breakfast	450 – 500 calories
Snack	300 calories
Light Meal	550 – 650 calories
Snack	300 calories
Main Meal	650 – 750 calories
Snack	300 calories

Here's a sample meal plan:

	Creamy oatmeal (cooked in milk):	Egg Sandwich:	Cold Cereal:
Breakfast	<ul style="list-style-type: none"> ½ cup uncooked oatmeal 1 cup whole or 2% milk 2 Tbsp. raisins 2 tsp. brown sugar 	<ul style="list-style-type: none"> Biscuit, roll, or 2 slices of bread 1 egg 1 slice cheese 2 slices bacon or ham 	<ul style="list-style-type: none"> 1 ½ cups ready-to-eat cereal 1 medium banana 1 cup milk 1/2 cup orange juice
Snack	<ul style="list-style-type: none"> 1 cup orange juice or whole fruit (fresh, canned, frozen) 2 oz. cheese with ½ cup wheat crackers 	<ul style="list-style-type: none"> 1 cup orange juice or whole fruit (fresh, canned, frozen) 2 cups milk mixed with instant breakfast powder 	<ul style="list-style-type: none"> 2 Tbsp. peanut butter with 1 apple sliced or 1 banana, or 1 cup carrot/celery sticks
	Sandwich:	Three-bean chili on baked potato:	Soup and sandwich:
	<ul style="list-style-type: none"> 4 oz. protein 2 slices whole wheat 	<ul style="list-style-type: none"> 1 cup chili 	<ul style="list-style-type: none"> 1 cup soup 1 slice whole

Main Meal	6 oz. meat, fish or poultry ½ cup pasta, potato, or rice 1 cup cooked vegetable w/1 tbsp. olive or canola oil 1 slice bread or dinner roll 3 cups lettuce salad with 2 Tbsp. dressing	Spaghetti with meat sauce and beans: 1 ½ cups cooked spaghetti 1 cup meat sauce ½ cup beans 1 cup cooked vegetable with 1 Tbsp. olive or canola oil 1 slice bread or dinner roll 3 cups lettuce salad with 2 Tbsp. dressing	Pizza with sausage & vegetables: 2 slices thin crust pizza with sausage and 2 choices of vegetable toppings 3 cups lettuce salad with 2 Tbsp. dressing
Snack	2 slices of bread or tortillas with 2 slices of cheese, melted	6 oz. yogurt or 4% cottage cheese with ½ cup fruit (fresh, frozen, canned)	6 oz. pudding with ¼ cup granola

There's no such thing as a one-size-fits-all "lupus diet." But that doesn't mean that a healthy diet isn't important.

You need to eat meals that are balanced and nutritious and reduce inflammation. It's not hard, but it may be a different way of thinking than you're used to.

Having good eating habits will help your body remain as healthy as possible.

If you need help managing your weight or making healthy food choices, please talk with your doctor.

What's the doctor's phone number? (585) 486-0901