



There are no definite rules when it comes to planning your lupus diet. Try to include a wide-range of foods that contain antioxidants (like beta-carotene, vitamin A, and vitamin C) and essential fatty acids (like eggs, flax, walnuts, and olive oil).

Make sure you get enough iron. Use coffee and tea in moderation. Avoid highly processed and preserved foods. Keep track of foods that seem to trigger your lupus symptoms.

So, no refined sugar, right?

Completely cutting out refined sugar is not an easy task. And it's not something that you necessarily need to do. Try to eat as little refined sugar as possible.

It's hard to plan healthy meals and eat on a budget!

We know! Here are a few of our favorite websites for meal plans and planning tools:

- www.eatingwell.com: Lots of recipes