

Diet and Lupus: *Fact versus fiction*

By: Laura C. Rall Ph.D., RD & Ronenn Roubenoff MD, MHS

Dr. Rall and Roubenoff discuss diet and lupus, analyzing foods that improve conditions and foods that trigger flares. They look at calorie restriction, fish oil supplements and vitamin and mineral supplements. Later, they investigate the effects these dietary changes have on people with lupus and the possibility of food triggered flares. There have been no definite findings, but by monitoring your diet and considering these results, you may be able to better understand the interaction between lupus and diet.