

Nutrition, Diet and Lupus

Lupus Fact Sheet

This article examines the role of diet in lupus focusing on the issue of weight control, supplements and foods to avoid. By focusing on a well balanced diet that considers portion control you are on your way to a health lifestyle. In addition certain medication will interfere with vitamin and mineral absorption, so be sure to take the necessary supplements. This article details the necessary steps to take to insure overall dietary health.