

Moderator: Do people with lupus need to avoid soy products? Are there any other dietary concerns?

Dr. Esdaile: I don't know about soy. The only dietary restriction is, do not eat excess alfalfa (like five pounds per day).

Dr. Tucker: Always focus on feeding kids a health diet. Try to keep their diet inclusive, so they are not the weird ones in the class. Let them eat pizza and cake. It is very likely that those website claims are not true and it is much more likely that the child will be more harmed by having some diet that makes them different from other kids.

Dr. Esdaile: Only diet concern is year round vitamin D supplements, as lupus patients should not be getting excess sunlight and should be wearing sunscreen.

Dr. Liang: Omega-3 can never hurt. In mice it has worked as an anti-inflammatory.