

Module 6, Lesson 2 Tool: **Foods & Autoimmunity**

Eating to manage an autoimmune disease is all about eating anti-inflammatory foods and there are some specific nutrients and foods with solid research to support their role in managing symptoms. Here's a list of some specific foods to focus on incorporating into your diet.

Fruits

Apples
Berries
Citrus fruits
Pineapple
Red grapes

Vegetables

Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale, cabbage)
Fermented vegetables (kimchi, sauerkraut)
Garlic and onions
Leafy greens (spinach, chard, arugula, collards)

Protein

Beans and legumes (kidney beans, black beans, lentils)
Eggs
Fatty fish (salmon, trout, anchovies, sardines, tuna)

Fats

Nuts (almonds, walnuts, brazil nuts)
Oils (olive and coconut oil)
Seeds (flax, chia, sunflower)

Pantry

Green tea
Honey and maple syrup (keep maple syrup in the fridge after opening)
Spices (cinnamon, curcumin, turmeric)
Whole and ancient grains (farro, quinoa, brown rice, oats, amaranth, barely, millet, bulgur, buckwheat) **some clients may require gluten free grains*