

## Nutrition—eating healthy for ALS

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure amyotrophic lateral sclerosis (ALS), but being well nourished is good for those with ALS. The first step is talking with your doctor about a plan for your diet. A dietitian may help create a meal plan based on your needs and goals. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Salt: too much can be bad for your heart health.
- Try blended foods, soups, and smoothies. These foods can help those with issues chewing/ swallowing to get the nutrients they need.
- Utensils and cups with special grips help you eat and drink with less strain.
- To maintain your weight:
  - Focus on getting enough calories and protein. Add shakes, smoothies, and supplements. Add olive oil, cheese, or avocado to food after cooking. Try adding nut butters into shakes.
  - Shorten mealtimes so you don't get tired.
  - Take medicines one at a time with pudding, applesauce, or yogurt.
- At some point as ALS gets worse, eating normally will no longer be safe. As it gets harder to chew and swallow, your risk of choking rises. Talk with your doctor and make a plan for feeding tube placement. Feeding tubes can also make it easier for you to get the nutrients and calories you need.

Still have questions about healthy eating? Ask your program nurse online or give them a call today!

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## Nutrition—eating healthy for CIDP

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

The first step is talking with your doctor about a plan for your diet. A dietitian can also help create a meal plan based on your needs and goals. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter, cheese, ice cream, red meat, and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some other important diet and nutrition points you should think about with chronic inflammatory demyelinating polyneuropathy (CIDP):

- Eat a variety of foods and strive to maintain a healthy weight.
- Include plenty of fruits and vegetables. These are high in vitamins and minerals and are a good source of antioxidants. This may help fight inflammation.
- Also include essential fats that are high in omega-3 fatty acids. Certain fatty fish, such as tuna and salmon, are good sources. Or take a fish oil supplement.

- If you take steroids to treat your CIDP, you are at greater risk for osteoporosis. Eat foods with lots of calcium for bone health. Include leafy greens, dairy foods, and whole-grain cereals.

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### **Nutrition—eating healthy for cystic fibrosis**

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure illness. Eating well can improve your overall health, however for people with CF this is very important. Eating healthy and maintaining the weight your doctor has advised will help keep your lungs healthy.

The first step is talking with your doctor about a plan for your diet. Here are some important diet and nutrition points you should think about with cystic fibrosis (CF):

- Eat a balanced diet. With your CF you may have trouble absorbing nutrients from food. You can eat foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Track your BMI regularly. You can work with your doctor to set goals for your weight. The CF Foundation recommends that women have a body mass index (BMI) of at least 22 and men a BMI of at least 23. This will help you manage your risk of obesity.
- Pancreatic enzyme supplements: You may have trouble digesting fat, protein, carbohydrates, and other nutrients. Pancreatic enzyme supplements may be needed to help break down food and improve nutrient absorption.
- Work with a dietitian to make a meal plan based on your specific needs.
- Screen for diabetes: Your doctor and health care team may also screen you for diabetes each year starting at age 10.

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## Nutrition—eating healthy for Gaucher

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure Gaucher disease. Eating well can improve your overall health, however. The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Those with Gaucher have a higher risk of osteopenia. This is a loss of bone mass that causes weak bones, so make sure to get enough calcium in your diet.
- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)
- Diets like the DASH diet help to control weight and high blood pressure. DASH (Dietary Approaches to Stop Hypertension) is a plant-focused, well-rounded diet. It uses fruits, vegetables, lean meat, fish, poultry, nuts, whole grains and healthy fats to balance your nutrition. Check out [www.dashdiet.org](http://www.dashdiet.org) for more info.
- The Mediterranean diet is also good for keeping blood pressure and cholesterol in check. It can also lower your risk of heart disease. This diet is all about plant-based foods (fruits, vegetables, beans, nuts) and healthy fats like olive oil.

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### **Nutrition—eating healthy for hemophilia**

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No food or diet can cure hemophilia. Eating well can improve your overall health, however. The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Avoid too much vitamin E, which could increase bleeding. Talk with your doctor before you start taking any supplements.
- Keep iron levels up. Try lean red meat, liver, poultry, leafy vegetables, beans, and raisins.
- Maintain a healthy weight. High body weight can put extra strain on joints and cause bleeds.
- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)
- Diets like the DASH diet help to control weight and high blood pressure. DASH (Dietary Approaches to Stop Hypertension) is a plant-focused, well-rounded diet. It uses fruits, vegetables, lean meat, fish, poultry, nuts, whole grains and healthy fats to balance your nutrition. Check out [www.dashdiet.org](http://www.dashdiet.org) for more info.

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## Nutrition—eating healthy for lupus

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some important diet and nutrition points you should think about with lupus:

- Healthy eating can help manage other conditions like high blood pressure.
- There's no special "lupus diet." Just aim for a balanced diet with foods you enjoy. Include lots of fruits and vegetables. Choose whole grains, and healthy proteins.
- Alfalfa may trigger lupus symptoms. You may want to avoid alfalfa sprouts.

- Since lupus raises your risk for osteoporosis, eat foods with lots of calcium for bone health. Include leafy greens, dairy foods and whole-grain cereals. For heart health, eat foods with omega-3 fatty acids. These are found in fatty fish (salmon, mackerel, and sardines), nuts and seeds.
- If you don't eat any animal foods, you may want to take a vitamin B12 supplement. But supplements can interact with your lupus medicines. So talk with your doctor before you start taking any supplements.
- Limit alcohol to one drink or less a day. Alcohol can also interact with some medicines. So ask your doctor if you need to avoid alcohol.

Still have questions about healthy eating? Ask your program nurse today!

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## Nutrition—eating healthy for multiple sclerosis

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

Here are some tips to help you make the right choices when eating:

- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to <10% of your calories per day)—choose water over sugary soda

Ask your doctor about any special diet needs you may have because of your multiple sclerosis (MS). A dietitian can also help create a meal plan based on your needs and goals. Here are some tips to keep in mind when making diet choices:

- Strive to keep a healthy body weight.
- Obesity leads to greater risk for high blood pressure, high cholesterol, and diabetes. These can lead to other conditions such as heart disease and stroke.
- Most MS experts agree that a healthy diet affects the long-term health of the nervous system. The MS Society suggests that those with MS:
  - Prepare meals at home as much as possible.

- Include colorful fresh fruits and vegetables daily.
- Choose whole grains over refined grains.
- Avoid or limit processed foods as much as possible.
- Diet affects the bacteria that live in the gut. This in turn affects the immune system. This may play a role in MS, although its exact effect is not yet proven.
- Be sure to include foods with plenty of vitamins, fatty acids, and amino acids. These all have direct effects on the immune system and the brain.

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## Nutrition—eating healthy for myasthenia gravis

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

The first step is talking with your doctor about a plan for your diet. Ask if seeing a dietician is needed.

Here are some tips to help you make the right choices when eating:

- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to <10% of your calories per day); choose water over sugary soda

Here are some diet and nutrition points to think about with myasthenia gravis (MG):

- Eat a variety of foods and strive to maintain a healthy weight.
- The Mediterranean diet may be one to check out (visit [myastheniagravis.org](https://myastheniagravis.org) and look up Mediterranean diet). This diet includes plenty of plant-based foods (fruits, vegetables, beans, nuts) and healthy fats like olive oil.

- If you take steroids such as prednisone, you're at higher risk of bone loss (osteoporosis). Ask your doctor about bone density testing and possibly taking a calcium/vitamin D supplement.
- In general, avoid frozen meals, canned soups, smoked and cured meats, and salty snacks.

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## Nutrition—eating healthy for myositis

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The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks — avoid drinking sugary soda, drink water instead.
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)

Here are some important diet and nutrition points you should think about with myositis:

- In general, avoid processed and fast foods, and high fructose corn syrup. Instead, opt for a wide variety of brightly colored fresh fruits and vegetables.
- Diabetes is a risk if you take steroids to treat myositis. Limit sugar to less than 10% of your calories per day. Keep your blood sugar levels in a normal range.
- The Myositis Association suggests the Mediterranean diet as a good option. (For details, visit [myositis.org](http://myositis.org) and search for Mediterranean diet.) This diet includes:
  - plenty of plant-based foods and healthy fats like olive oil.

- whole grains, such as brown rice and bulgur wheat. Limit foods made with white flour and sugar (bread, pasta, and most packaged snack foods).
- avocados and nuts, such as walnuts, cashews, and almonds.
- fish to add omega-3 fatty acids in your diet. Include salmon, sardines, herring, or black cod. Or take a fish oil supplement.
- more vegetable protein and less meat (beans, soy, cheese, and yogurt).
- if you drink alcohol, red wine is preferable.
- chocolate (in moderation). Choose the type with 70% cocoa or more.

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## Nutrition—eating healthy for Parkinson's disease

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some diet and nutrition points to think about with Parkinson's disease (PD):

- There is no PD-specific diet. Instead strive to include a variety of whole grains, vegetables, fruits, and protein-rich foods.
- Include nuts, olive oil, fish, and eggs to the diet, for their healthy fats—these promote brain health.
- Be sure to drink enough water and eat fiber-rich foods to help prevent constipation.

- Avoid any foods that you find hard to swallow. For some, choose moist soft foods such as mashed potatoes, pasta, creamy soups, yogurt, custard, or pudding.
- Your doctor may suggest you see a speech therapist. They can teach you chewing tricks, like tucking your chin to your chest, to help you swallow better.
- Talk to your doctor about the best time to take PD medicines, such as levodopa. Some protein foods may interfere with how your meds work. Ask if it's best to take them on an empty stomach or with a small snack, such as crackers.

Still have questions about healthy eating? Ask your program nurse today!

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### **Nutrition—eating healthy for rheumatoid arthritis**

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure illness. Eating well can improve your overall health, however. Sometimes, it can also help to lessen some symptoms of illness.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some important diet and nutrition points you should think about with rheumatoid arthritis (RA):

- Eat a balanced diet. Some foods may make swelling better or worse. You should eat a diet filled with foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods are rich in antioxidants and other nutrients.

- Limit processed foods. Processed foods such as fast food, sugary snacks, and white bread are high in sugar and unhealthy fats. These foods can worsen inflammation and contribute to weight gain.
- Work with a dietitian to make a meal plan based on your specific needs and goals. They can also provide education and support to help maintain a healthy diet and manage RA symptoms.
- Screen for diabetes and high blood pressure. You can work with your doctor to be screened for high blood pressure, diabetes, and other disorders.

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### **Nutrition—eating healthy for scleroderma**

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep. No food or diet can cure illness. Eating well can improve your overall health, however.

The first step is talking with your doctor about a plan for your diet. Here are some general tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

There's no specific "scleroderma diet." Those with scleroderma should simply strive to eat a balanced diet.

- Include foods that provide energy, protein, vitamins, and minerals. With scleroderma, you are at increased risk of malnutrition. This may occur if you are not able to eat enough healthy foods. Or it can result from poor absorption of nutrients from the gastrointestinal (GI) tract. Ask your doctor about any concerns.
- Scleroderma can lead to heartburn and acid reflux. Eating small frequent meals can help this problem and help increase nutrient intake.

- Choose deeply colored fruits and vegetables to increase antioxidant intake. These can help fight inflammation.
- Include fatty fish, ground flaxseeds and walnuts for their omega-3 fatty acids. Nuts, seeds and extra virgin olive oil are also good choices for this.
- Try blending fresh fruits and vegetables into smoothies. This can help if you have problems chewing or swallowing. Other good choices include soft, moist foods such as cottage cheese, scrambled eggs, or yogurt.

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### **Nutrition—eating healthy for sickle cell disease**

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure sickle cell disease. Eating well can improve your overall health, however. The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Ask your doctor if Endari (L-glutamine oral powder) is right for you. This supplement can help reduce pain episodes.
- Be smart about drinks—some are better for you than others (water beats sugary soda). Also, drink plenty of water. Staying hydrated can help prevent blood cells from sickling.
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)
- Diets like the DASH diet help to control weight and high blood pressure. DASH (Dietary Approaches to Stop Hypertension) is a plant-focused, well-rounded diet. It uses fruits, vegetables, lean meat, fish, poultry, nuts, whole grains and healthy fats to balance your nutrition. Check out [www.dashdiet.org](http://www.dashdiet.org) for more info.

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### **Nutrition—healthy eating for people with epilepsy**

Eating well is important for a healthy mind and body. What and how you eat affects your energy level, healing, immune health, and sleep.

No food or diet can cure epilepsy. Eating well can improve your overall health, however. The first step is talking with your doctor about a diet plan. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter
  - Tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)

Here are some healthy eating points you should think about if you have epilepsy:

- Are you on a special diet for your epilepsy, such as the ketogenic (keto) diet? If so, follow it exactly as outlined by your dietician and doctor over the advice of others.
- Have you not tried the keto diet yet? Are you still having seizures? Ask your doctor if the keto diet is right for you. This diet is very low in carbs and proteins and high in fats. It reduces seizures in many people with epilepsy.

- Cut out foods with a high level of simple sugars.
- Eat whole, natural foods. These are foods with little or no processing, few ingredients, and high nutrients. Avoid processed foods with artificial ingredients.

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## Nutrition—eating healthy for Crohn's disease

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure illness. Eating well can improve your overall health, however. Sometimes, it can also help to lessen some symptoms of illness.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some important diet and nutrition points you should think about with Crohn's disease:

- Eat more plant-based foods. You can eat more fruits and vegetables. Vegetables such as squash, cooked carrots, and green beans are great options. During a flare you may have trouble digesting high-fiber foods such as fruits, vegetables, and whole grains.

- Consider lactose intolerance. Many people with Crohn's disease are lactose intolerant. This means that you may have trouble digesting dairy. You can eat substitutes such as lactose-free dairy products, soy milk, or almond milk.
- Avoid trigger foods. There may be some foods that worsen your Crohn's symptoms. These may include spicy foods, caffeine, and alcohol.
- Work with a dietitian. A dietitian can help create a meal plan based on your specific needs and goals. You can discuss this more with your doctor or dietitian.

Still have questions about healthy eating? Ask your program nurse online or give them a call today!

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## Nutrition—eating healthy for ulcerative colitis

Eating well is a key part of your total health. What and how you eat affects many things, like healing, energy, immune health, and sleep.

No food or diet can cure illness. Eating well may improve your overall health, however. Sometimes, it can also help to lessen some symptoms of illness.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some important diet and nutrition points you should think about with ulcerative colitis (UC):

- Eat a balanced diet. You should eat a diet filled with foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. During a flare you may have trouble digesting high-fiber foods such as fruits, vegetables, and whole grains.
- You should drink plenty of fluids, including water and avoid alcohol and sugary drinks.

- Avoid trigger foods. There may be some foods that worsen your UC symptoms. These may include spicy foods, caffeine, and alcohol. You can use a food diary to track any foods that may be worsening your symptoms.
- Work with a dietitian. A dietitian can help make a meal plan based on your needs and goals. You may also need to take calcium supplements. You can discuss this more with your doctor or dietitian.

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## Nutrition—eating healthy for HIV

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No food or diet can cure illness. Eating well can improve your overall health, however. The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)

Here are some important diet and nutrition points you should think about with HIV:

- Eat a balanced diet. Foods that are high in vitamins, minerals, and other essential nutrients can help support the immune system. These foods include fruits, vegetables, whole grains, lean proteins, and healthy fats. Also, some HIV medicines may reduce your appetite. Talk to your doctor if you notice a change in your appetite.
- In general, avoid processed and sugary foods. Try to eat whole and unprocessed foods instead.

- Work with a dietitian. A dietitian can help create a meal plan based on your needs and goals. This can help you manage other issues like your weight, diabetes, or high blood pressure.

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## Nutrition—eating healthy for HAE

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No food or diet can cure hereditary angioedema (HAE). Eating well can improve your overall health. However dietary changes have not been proven to reduce HAE symptoms specifically.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats sugary soda).
- Watch out for these foods and ingredients:
  - Salt (too much can be bad for your heart health)
  - Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
  - Sugars (limit to less than 10% of your calories per day)
- Diets like the DASH diet help to control weight and high blood pressure. DASH (Dietary Approaches to Stop Hypertension) is a plant-focused, well-rounded diet. It uses fruits, vegetables, lean meat, fish, poultry, nuts, whole grains and healthy fats to balance your nutrition. Check out [www.dashdiet.org](http://www.dashdiet.org) for more info.
- The Mediterranean diet is also good. It can keep blood pressure and cholesterol in check. It can also lower your risk of heart disease. This diet is all about plant-based foods (fruits, vegetables, beans, nuts) and healthy fats like olive oil.

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