AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

Autoimmune Disease and Plant-Predominant Nutrition



What are Autoimmune Diseases?

These are a cluster of many conditions where the immune system mistakenly attacks the body's own cells (examples: type 1 diabetes, rheumatoid arthritis, lupus, multiple sclerosis). They are sometimes referred to as autoimmune inflammatory (AI) disease.

How Can a Plant-Predominant Eating Pattern Help?

- Plant-predominant diets can reduce inflammation and help manage symptoms
- They are high in antioxidants and fiber, which support immune health
- Plant-predominant diets support a healthy gut, which affects inflammation and fights unwanted bacteria

Tips for Managing Autoimmune Disease

1. Eat lots of fruits, vegetables, whole grains, and beans
2. Limit red meat, processed foods, and added sugars
3. Include healthy fats from nuts, seeds, and avocados
4. Work with your doctor or dietitian for any special needs (like gluten-free diets)

Common Questions

- **Can this diet cure my autoimmune disease?** It may reduce inflammation and help manage symptoms, but always be sure to follow your doctor's advice.
- **Will I get enough protein and other nutrients?** Yes, with a well-planned diet. Ask about supplements if needed for acute deficiencies.

To learn more about plant-predominant eating for autoimmune conditions scan the QR code:

Learn how to cook delicious plant foods by scanning the QR code: