

Nutrition Tips for Scleroderma

Healthy Eating Habits

- ✓ Variety and moderation
- ✓ Eat 3 out of 4 food groups
- ✓ Small frequent meals or snacks
- ✓ Pick bright coloured fruit and vegetables
- ✓ Cut back (not out) fat intake –
more omega3, less omega6 and saturated/trans
- ✓ Keep hydrated
- ✓ Limit simple sugars and refined starchy foods
- ✓ Avoid excessive doses of supplements

Keep Hydrated

- ✓ ~ 25 - 30 ml FLUIDS/ kg body weight (more if hot weather, increased body temperature, increased perspiration, vomiting, diarrhea, constipation)
- ✓ Use ice chips, popsicles/juice bars, gelatin, ice cream, sherbet, soup, broth, fruit/veggie juices, lemonade and flavoured water
- ✓ Avoid caffeine-containing drinks

How To Keep Your Heart Healthy

- ✓ Avoid animal fats
- ✓ Include beans, legumes and fish
- ✓ Add more vegetables and fruit to diet
- ✓ Use extra soluble fibre - oatmeal, applesauce, barley, oranges, legumes

Watch the sodium

- ✓ Limit sodium to 1500-2000 mg /day
- ✓ No added table salt , use Mrs. Dash
- ✓ One salty food per day
- ✓ Avoid too many packaged / canned / prepared foods that may have added salt

Mood Boosting Foods

- ✓ Water
- ✓ Vegetables and Fruit
- ✓ Omega-3 Fats (salmon, tuna, mackerel, sardines, canola oil, walnuts, flaxseed)
- ✓ Complex Carbohydrates (whole grains/cereals, whole wheat pasta, brown rice, fruit and vegetables)

Ways to Boost Intake

- ✓ Choose higher calorie/protein foods:
 - Cheese, peanut butter
 - Eggs
 - Nuts, seeds
 - Fruit/vegetables with dip
 - Yogurt with granola
 - Dried Fruit
 - Cereal with half and half
 - Ice cream
 - Cookies
 - Pudding
 - Granola bars
 - Custard

- ✓ Add calories to food whenever you can
- ✓ Plan easy to prepare meals, have convenience foods available
- ✓ Drink fluids after meals
- ✓ Use supplements such as Ensure, Breakfast Anytime & Boost

Quick, Tasty and Good for You

Stuffed vegetables
 Fruit/veggie kebobs with yogurt dips
 Pita pizza
 Fruit smoothies
 Bean/yogurt dips with baked
 tortilla/pita crisps

Chilled fruit soups
 Couscous with lentils and dried fruit
 Bake sweet potato fries
 Grilled vegetables
 Phyllo nests with fruit

Healthy Comfort Foods

Frozen yogurt/fruit smoothie
 Oatmeal raisin cookie, flavoured rice cakes
 Warmed low fat milk with cocoa powder
 Milk pudding, custard
 Chocolate syrup drizzled over fruit,
 Veggie pizza (whole wheat crust)

Good Sources of:

- ✓ Vitamin C: citrus fruits, red and green peppers, kiwifruit, broccoli, straw-berries, cantaloupe, potatoes, tomatoes
- ✓ Vitamin B12: beef liver, clams, fish, meat, poultry, eggs, milk, fortified breakfast cereals
- ✓ Calcium: milk, yogurt, cheese, fish with soft bones; smaller amts in kale, broccoli, beans
- ✓ Vitamin D: best-fatty fish such as salmon, tuna, and mackerel, smaller amts-beef liver, cheese, egg yolks
- ✓ Potassium: bananas, oranges, potatoes, spinach, tomato juice, sweet potatoes, squash and black strap molasses
- ✓ Magnesium: legumes, nuts, whole grains, green leafy vegetables

For More Information:

Eat Right Ontario 1 – 877-510-5102 www.ontario.ca/eatright

The Arthritis Society 1-800-321-1433 www.arthritis.ca

Prepared by: Pamela Piotrowski, RD

Hamilton Scleroderma Update 2011