

Eating a Balanced Diet

Scleroderma Foundation Michigan Chapter

- Eat small meals frequently – every three to four hours. If you have lost an excessive amount of weight or only can eat small amounts at a time, consider eating every two hours to maximize nutrient intake.
- Choose fresh, whole, minimally processed foods, without preservatives, artificial ingredients or hydrogenated oils. If there are “chemical” sounding names in the ingredient list, avoid it. In general, the shorter the ingredient list, the better.
- Add antioxidant rich, anti-inflammatory herbs and spices, such as basil, rosemary, oregano, cinnamon, ginger, paprika, cayenne, turmeric and curry powder, liberally to foods.

FOOD GROUP	SERVING SIZE	CHOOSE	AVOID	SUGGESTIONS
Fruit 2 to 3 servings per day	1 small whole fruit 1 cup pieces (melon, grapes, berries) 1/4 dried (raisins, cherries) 1/2 cup canned	All varieties in deep colors of the rainbow: green, red, orange, yellow, purple and blue	Those that cause excessive gas, bloating or GI discomfort. <i>*See low FODMAP diet for details.</i>	Choose organic as often as possible. Choose fresh and frozen instead of canned fruits.
Vegetables 5 to 7 servings per day	1 cup raw, chopped 1 cup leafy 1/2 cup cooked	All varieties in deep colors of the rainbow: green, red, orange, yellow, purple and blue	Those that cause excessive gas, bloating or GI discomfort. <i>*See low FODMAP diet for details.</i>	Choose organic as often as possible. Choose fresh and frozen over canned vegetables.
Proteins (i.e. meat, cheese, eggs, nuts, beans) aim for : 2 to 3 ounces per meal or 1 ounce per snack	2 to 3 ounces meat (size of deck of cards) 1 ounce protein equivalents: 1 egg; 1-inch cube of cheese; 1 medium slice of cheese; 1/4 cup tuna or cottage cheese; 2 tablespoons of nut butter; 1/4 cup nuts; 1/2 cup dried beans	Choose lean cuts of beef or pork, skinless chicken or turkey. Try fish, such as tuna Organic eggs Low-fat cheese Nuts and seeds, as well as nut butters Dried beans (as tolerated)	Highly processed meats such as bacon, sausage, pepperoni, salami, hot dogs, bologna, corned beef and pastrami Breaded and deep-fried fish, chicken, pork and beef	Choose organic or grass-fed meat and cheese as often as possible. Remove extra fat and skin from meats before cooking. For healthy Omega-3 oils, eat 8 to 12 ounces of fatty fish, such as salmon, every week.
Milk/Dairy 2 to 3 servings per day	1 cup milk 6 to 8 ounces yogurt	Low-fat or fat-free varieties Try Greek-style yogurt for extra protein	Avoid dairy products with lactose. This may help resolve problematic GI symptoms. <i>*See low FODMAP diet for details.</i>	Choose organic as often as possible.
Whole Grains 3 to 6 servings per day	1 slice bread 1/2 cup pasta or rice 3/4 cup cereal 1/2 cup cooked cereal 4 to 6 crackers	100 percent whole grains, such as minimally-processed whole wheat bread and cereals, barley, quinoa and oats	Avoiding all foods containing wheat may improve GI symptoms. <i>*See low FODMAP diet for details.</i>	Look for labels that read “100 percent whole grain.” Choose foods with three grams of fiber or more per serving. Limit white and refined wheat products as much as possible.
Fats/Oils 1 to 2 servings per day	1 tablespoon oil 1/4 cup nuts 2 tablespoon seeds 2 tablespoon nut butter 1/8 avocado	Extra virgin olive, peanut and canola (rapeseed) oils most often. All nuts, especially almonds, walnuts, flaxseeds, pine nuts, natural peanut butter Avocado	Avoid trans fats from hydrogenated and partially hydrogenated oils. Minimize use of safflower, sunflower, grape seed, corn and soybean oils.	Limit solid fats from butter, shortening and margarine. For healthy Omega-3 oils, eat 8 to 12 ounces of fatty fish, such as salmon or whitefish, every week.

- Cut down on added sugars. (Natural sugar found in fruit, milk and yogurt is not a concern unless it causes GI distress.) Check ingredient lists for stealthy terms indicating added sugar such as sucrose, evaporated cane juice, fructose, brown rice syrup, honey, agave nectar, molasses, corn syrup and maple syrup.
- Drink fresh, filtered water that has never been exposed to plastic. Use a water filtration system at home and drink only from glass or stainless steel containers. Aim to drink half your body weight
- in ounces of water each day. For instance, a 150-pound person should drink 75 ounces of water daily.