

## Foods that Fight Inflammation

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### Scleroderma Foundation Michigan Chapter

There is no specific scleroderma diet since symptoms and the severity of the disease vary so greatly in each person. Establishing a balanced diet that emphasizes foods that fight inflammation and provide energy, protein, vitamins and minerals is paramount.

Systemic sclerosis is a condition in which the immune system over-stimulates the collagen producing cells of the body causing inflammation and an excessive buildup of collagen. This leads to hardened skin and fibrosis of internal organs such as the lungs, digestive tract and blood vessels. While there are no specific foods or nutrients capable of reducing collagen production, the foods you eat can have a positive impact on your disease condition by fighting fatigue, inflammation and digestive dysfunction.

**Inflammation:** Choose deeply colored fruits and vegetables to increase antioxidant intake, especially dark green, deep yellow, orange, red, purple and blue. Eat fatty fish, ground flaxseeds and walnuts for Omega-3 fatty acids. Eat vitamin E-rich foods such as nuts, seeds and extra virgin olive oil. Consider taking a 1000 IU vitamin D3 (cholecalciferol) tablet with your fattiest meal (to allow for better absorption).

