

















Eating to Fight Inflammation

Foods that may help sJIA families, always consult your medical team

EAT MORE

-  **Fatty fish** — salmon, sardines, mackerel, tuna
-  **Leafy greens** — spinach, kale, arugula, chard
-  **Berries** — blueberries, strawberries, cherries
-  **Olive oil** — extra virgin, as your main cooking oil
-  **Turmeric** — pair with black pepper to boost absorption
-  **Ginger** — in teas, stir fries, and smoothies
-  **Nuts** — walnuts, almonds, pecans
-  **Beans & legumes** — chickpeas, lentils, black beans
-  **Colorful vegetables** — sweet potatoes, beets, broccoli

LIMIT THESE

-  **Processed sugar** — soda, candy, sweetened cereals
-  **Refined carbs** — white bread, white rice, pastries
-  **Vegetable/seed oils** — corn, soybean, sunflower oil
-  **Fast food** — high in omega-6 fats and trans fats
-  **Dairy** (if sensitive) — monitor and adjust
-  **Gluten** (if sensitive) — try a trial elimination
-  **Red & processed meat** — limit to 1–2x per week

Every child is different. These are general anti-inflammatory principles, not medical advice. Always work with your child's rheumatologist and care team before making major dietary changes.

Shared by SJIAHelp.com