

5 Diet Tips for Lymphedema



Avoid High Sodium Foods

Instead of table salt, try using herbs and spices such as onion powder, lemon zest, chili powder/cayenne, or dill.

Limit Refined Sugars

If you are craving something sweet, pair your snack with a protein source to keep you satiated

(ex: peanut butter and banana OR chocolate and nuts)



Eat Your Protein

Animal meats, dairy products, nuts, seeds, and legumes contain protein.

Include a protein source at each meal to boost your daily protein intake.

Stay Hydrated

Take small, frequent sips of water. If you need reminders, try setting a timer on your cellphone throughout the day to increase fluid intake.



Maintain a Healthy Body Weight

If you can't eat a whole meal in one sitting, try eating 5-6 smaller meals and 1-2 snacks per day.

Read more at
www.thegeriatricdietitian.com