

LEARN ABOUT

TIPS THAT MAY HELP WITH LYMPHEDEMA



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

What is Lymphedema?

Lymphedema is an abnormal buildup of fluid that usually occurs in the arms or legs. While there is no cure for lymphedema it can be treated, and your diet is one factor that can help manage it

Maintain a Healthy Weight

- Maintaining a healthy weight may reduce your risk of lymphedema
- If you are overweight, speak to your doctor and/or a dietician

Watch Your Salt Intake

- Sodium helps regulate fluid balance in the body
- A high-sodium diet may worsen lymphedema symptoms by increasing fluid retention
- Limit your salt intake to help manage swelling
- Check nutrition labels on foods that are often high in sodium, including frozen meals, canned foods, sauces like BBQ sauce, ketchup, and soy sauce, and salad dressings

Foods That May Support Weight Loss and Help Manage Lymphedema

- Fill up on fruits and vegetables to add nutrients and fiber to your meals
- Choose lean proteins, like grilled or baked poultry or fish
- Greek yogurt and cottage cheese are also great sources of protein
- Other protein options include nuts, beans, seeds, edamame, and soy foods
- Choose healthy, high-fiber carbohydrates like sweet potatoes, beans, brown rice, and oatmeal to help you feel full longer
- Cut back on sugary drinks like pop, juice, sweetened tea, lemonade, and sweetened coffee drinks
- Flavor your water naturally with mint, herbs, or fresh fruit
- Try low-calorie sweeteners, like stevia, for your tea or coffee if you want added sweetness