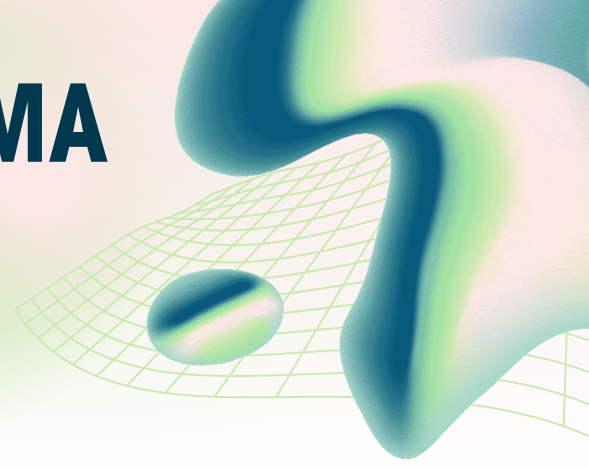


MANAGING LIPEDEMA THROUGH DIET

Strategies for Alleviating Symptoms with Nutritional Choices



The Ultimate Lipedema Diet Plan



Lipedema is a chronic condition characterized by an abnormal accumulation of fat, primarily in the legs and arms. While there's no cure, managing your diet can help alleviate symptoms and improve overall well-being. Here's a comprehensive diet plan tailored to support those with lipedema.

Key Principles

1. **Anti-Inflammatory Foods:** Focus on foods that reduce inflammation, as lipedema is associated with inflammatory processes.
2. **Low in Processed Foods:** Minimize processed foods to reduce sodium and unhealthy fat intake, both of which can exacerbate swelling and fat accumulation.
3. **Balanced Macronutrients:** Ensure a balanced intake of proteins, healthy fats, and carbohydrates to maintain energy levels and support muscle health.
4. **Very Low Sugar** - Most women don't realize that sugar is the main culprit of lipedema progression. Healthy fats are needed for lipedema to sustain energy without eating tons of carbs. However, sugar must be avoided at all costs.
5. **Lower Carbohydrate Intake:** Prioritize lower-glycemic carbohydrates to help reduce insulin spikes, minimize fluid retention, and support inflammation control commonly associated with lipedema.

Recommended Foods

Experts recommend focusing on whole, nutrient-dense foods to support lymphatic health and reduce swelling:

- **Anti-Inflammatory Fruits & Vegetables:** Focus on "eating the rainbow." Berries (blueberries, raspberries), citrus fruits, leafy greens (spinach, kale), and cruciferous vegetables (broccoli, Brussels sprouts) are highly recommended.
- **Omega-3 Fatty Acids:** Healthy fats from fatty fish (wild salmon, mackerel, sardines), walnuts, chia seeds, and flaxseeds help reduce tissue inflammation.
- **Fiber-Rich Whole Grains:** Gluten-free options like quinoa, buckwheat, brown rice, and oats are preferred to support gut health and maintain stable blood sugar.
- **Plant-Based & Lean Proteins:** Beans, lentils, chickpeas, and tofu are excellent sources. Lean poultry and eggs are generally well-tolerated.
- **Healthy Fats:** Extra-virgin olive oil, avocados, and raw nuts (like almonds or pecans) provide essential monounsaturated fats.
- **Specific Supplements:** Lipera® is the only supplement that contains all 14 lipedema fighting ingredients known to science: diosmin, quercetin anhydrous, hesperedin, selenium, curcumin phytosome, bromelain, NMN, rutin, resveratrol, vitamin d, butcher's broom, coenzyme Q10, magnesium, and vitamin c.



Why Lipera® is Recommended

Created by Dr. Boris Volshteyn — a world renowned Lipedema Surgeon, Lipera's ingredients are intentionally selected and formulated to work synergistically at clinically appropriate dosages, targeting multiple pathways involved in lipedema progression and symptoms.

This multi-pathway approach is designed to improve symptom burden and help slow visible progression over time by addressing contributing factors together — not in isolation.

Lipera® is clinically designed to do the following:

- ✓ Reduce limb circumference
- ✓ Relieve chronic pain, heaviness and relentless swelling
- ✓ Activate lymphatic drainage
- ✓ Improve skin texture
- ✓ Slow visible progression

Scroll Down for Meal Plans





Foods to Limit or Avoid

- **Refined Sugars & Processed Carbs:** White bread, pasta, white rice, and sugary cereals cause insulin spikes that worsen inflammation.
 - **Most Dairy:** Many experts recommend avoiding pasteurized dairy (except for limited amounts of yogurt or kefir) as it can be a trigger for swelling in some patients.
 - **Saturated and Trans Fats:** Red meat, butter, margarine, and fried foods.
 - **Excess Salt:** High sodium intake causes the body to retain extra water, increasing the feeling of heaviness.
 - **Processed Soy:** Minimally processed soy like edamame is generally okay, but highly processed soy should be minimized.
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Hydration

- **Water:** Stay well-hydrated to aid in lymphatic drainage and overall health.
- **Herbal Teas:** Options like green tea or ginger tea can support digestion and reduce inflammation.



Lifestyle Tips

- **Regular Exercise:** Incorporate low-impact activities like swimming, walking, or cycling.
 - **Compression Garments:** Wear these to help reduce swelling and discomfort.
 - **Consistent Meal Times:** Aim for regular meal patterns to stabilize blood sugar levels.
 - **Avoid Eating Before Sleep:** Try your best to avoid eating 3 hours before going to sleep.
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General Nutrition Strategies

1. **Hydration:** Drink 2–3 liters of water daily to support lymphatic drainage and flush out toxins.
2. **Fiber Intake:** Aim for 25-30g of fiber daily to improve gut health and reduce systemic inflammation.
3. **Intermittent Fasting:** Some patients find success with set meal times to improve metabolism and control calorie intake.
4. **Listen to Your Body:** Every individual is different; use a food diary to identify personal "trigger" foods that cause flare-ups or increased swelling.

10 Days of Meal Plans



DAY 1

Breakfast

Greek yogurt (unsweetened) with blueberries, chia seeds, and cinnamon
Green tea

Lunch

Grilled salmon
Quinoa
Steamed broccoli

Snack

Apple slices with almond butter

Dinner

Baked chicken breast
Roasted sweet potatoes
Brussels sprouts

Evening

Herbal tea



DAY 2

Breakfast

Egg scramble with spinach, mushrooms, and avocado
Herbal tea

Lunch

Turkey lettuce wraps with cucumber, tomato, and olive oil
Side of roasted carrots

Snack

Handful of walnuts

Dinner

Grass-fed beef stir-fry with zucchini, bell peppers, and garlic
Cauliflower rice

Evening

Chamomile tea

DAY 3

Breakfast

Overnight oats made with almond milk, raspberries, and flaxseed
Green tea

Lunch

Tuna salad (olive oil-based) over mixed greens
Pumpkin seeds on top

Snack

Celery sticks with hummus

Dinner

Baked cod
Roasted asparagus
Wild rice

Evening

Peppermint tea

DAY 4

Breakfast

Smoothie: spinach, frozen berries, protein powder, almond milk
Handful of chia seeds

Lunch

Grilled chicken salad with arugula, cucumber, olives, and lemon vinaigrette

Snack

Hard-boiled eggs

Dinner

Turkey meatballs
Zucchini noodles
Simple tomato sauce

Evening

Herbal tea

DAY 5

Breakfast

Avocado toast on gluten-free bread
Poached eggs
Green tea

Lunch

Shrimp sautéed in olive oil
Quinoa
Roasted green beans

Snack

Pear with a handful of almonds

Dinner

Baked turkey breast
Mashed cauliflower
Sautéed spinach

Evening

Ginger tea

DAY 6

Breakfast

Cottage cheese (or dairy-free alternative) with strawberries and flaxseed
Herbal tea

Lunch

Grilled salmon salad with mixed greens, avocado, and olive oil

Snack

Cucumber slices with guacamole

Dinner

Slow-cooked chicken thighs

Roasted butternut squash

Steamed kale

Evening

Chamomile tea

DAY 7**Breakfast**

Scrambled eggs with zucchini and herbs

Green tea

Lunch

Grass-fed burger (no bun)

Side salad with olive oil dressing

Snack

Handful of pumpkin seeds

Dinner

Baked haddock

Roasted sweet potato wedges

Broccoli

Evening

Peppermint tea

DAY 8**Breakfast**

Chia pudding made with coconut milk and blueberries

Herbal tea

Lunch

Chicken vegetable soup (bone broth base)

Side of mixed greens

Snack

Apple Slices

Dinner

Grilled lamb chops

Roasted cauliflower

Arugula salad

Evening

Ginger tea

DAY 9

Breakfast

Protein smoothie with almond milk, spinach, and frozen berries

Lunch

Turkey and avocado salad with olive oil and lemon

Snack

Handful of cashews

Dinner

Baked salmon

Wild rice

Roasted Brussels sprouts

Evening

Herbal tea

DAY 10

Breakfast

Oatmeal with cinnamon, walnuts, and raspberries

Green tea

Lunch

Grilled chicken bowl with quinoa, cucumber, and tahini drizzle

Snack

Hard-boiled egg and carrot sticks

Dinner

Beef stew with root vegetables

Side of steamed greens

Evening

Chamomile tea

Conclusion: A Sustainable Approach to Eating With Lipedema

Managing lipedema is not about perfection, restriction, or quick fixes.

It's about creating a nutritional foundation that **reduces inflammation, supports lymphatic flow, and works with your body — not against it.**

This eating approach is designed to be:

- **Anti-inflammatory**, to help calm swollen and sensitive tissue
- **Metabolically supportive**, to reduce insulin spikes and fluid retention
- **Protein-forward**, to support lymphatic health and tissue repair
- **Lower-glycemic**, to minimize inflammation and energy crashes
- **Sustainable**, so it can be followed long-term without burnout

Important Reminders

- Progress with lipedema is often **gradual**, not linear
- Small, consistent changes matter more than perfection
- Nutrition supports healing — it does not replace medical care
- Your plan may evolve as your body responds

Moving Forward

Use this plan as a **framework**, not a rulebook.

Listen to your body, stay consistent, and work closely with your healthcare provider to adjust as needed.

Healing with lipedema is a process — and you don't have to navigate it alone.

This diet plan was created by the dedicated team at **Lipera®**, drawing from clinical insight, ingredient research, and real-world experience supporting individuals with lipedema.

Visit www.liperahealth.com to place an order.

