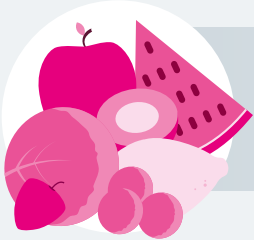


Nutrition for lipoedema and lymphoedema

A good, balanced diet is the basis of a healthy life. With lipoedema and lymphoedema, the right nutrition can contribute to greater wellbeing.

7 tips for wellbeing



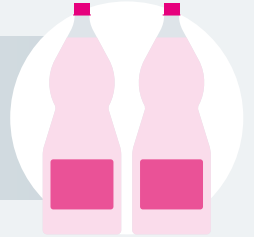
Eat fresh, colourful **fruit and vegetables**, ideally 2 x fruit, 3 x vegetables per day

Choose healthy fats, e.g. from nuts, seeds or linseed oil



Take **breaks** between meals

Drink at least **two litres water** or unsweetened tea per day



Reduce your **consumption** of meat, sausage and cheese

Salt sparingly, because salt binds water in the tissue



Avoid foods that **rapidly raise blood sugar levels**, such as soft drinks, sweets and white flour foods such as toast, baguettes or cookies