Fibromyalgia is a complex syndrome characterized by deep and widespread pain, fatigue, and other functional symptoms. Currently, there is not a medically prescribed diet specific to fibromyalgia. However, research is growing and below are some nutrition tips:

**Optimize the Gut Microbiome**

The most unique, diverse, and robust microbiomes develop from daily intake of fiber-rich, whole foods.

- Eat fiber-rich foods at each meal (leafy greens and vegetables, berries and whole fruit, nuts and seeds, whole grains, beans, and lentils)
- Foods rich in polyphenols – berries, green tea, flax seed, black olives, capers, and red onion. Spices with polyphenols – cloves, rosemary, oregano, turmeric
- Eat 2 to 3 forkfuls of fermented foods daily (if tolerated) such as sauerkraut, kimchi, kefir, and unsweetened yogurt
- Minimize added sugar and artificial sweeteners
- Keep food and symptom journals to identify potential food sensitivities
- Minimizing stress supports the microbiome. Eat in a calm, relaxed place and sit down while you eat. Chew food well and eat slowly. Try not to eat on the run.

**Support the Body’s Natural Detoxification Process**

- Include foods high in fiber and rich in antioxidants at every meal (vegetables, berries and whole fruits, nuts and seeds, whole grains, beans and lentils, herbs, and spices)
- Eat cruciferous vegetables daily (arugula, bok choy, Brussel sprouts, broccoli, cabbages, cauliflower, collard greens, daikon, radishes, kale, kohlrabi, and turnips)
- Keep yourself hydrated with water and herbal or green tea
- Avoid artificial sweeteners – especially aspartame, acesulfame K, saccharin, and sucralose

**Avoid Nutritional Deficiencies**

Deficiencies in certain nutrients may increase muscle pain. Ensure you’re eating foods rich in the following nutrients.

- **Vitamin D:** Best obtained from safe sun exposure or a supplement
- **Folate:** Dark leafy greens, asparagus, Brussel sprouts, nuts, beans, and peas
• **Selenium:** Brazil nuts (limit to 1 to 2 Brazil nuts per day to avoid selenium toxicity), yellowfin tuna, turkey, and chicken

• **Magnesium:** Dark leafy greens, pumpkin seeds, sesame seeds, halibut, pollock, avocados, bananas, berries, whole grain, seaweed

• **Zinc:** Oysters, beef, pork chop, chicken especially dark meat, pumpkin seeds, cashews, chickpeas

• **Omega-3:** Flax seed or flax seed oil, chia seed, salmon, herring, anchovies, mackerel, sardines, oysters, canola oil, and English and black walnuts

• **Lean protein:** Eggs, poultry, seafood, grass-fed beef, beans, lentils, nuts, and seeds

**Nutritional Considerations for Worsening Symptoms**

The below foods may need to be modified or restricted. Talk to your nutrition provider to determine if this is right for you.

• **Red meat:** Limiting portions, selecting lower fat cuts, and choosing grass-fed beef may reduce the impact of red meat on inflammation and pain

• **Dairy products:** Trial non-dairy alternatives. If you choose to consume dairy, fermented dairy (yogurt, kefir) may be better tolerated

• **Gluten:** Found in wheat, rye, and barley and might contribute to higher levels of pain in some individuals. Talk to your nutrition provider about assessing for a gluten sensitivity.

• **Excess added sugar and alternative sweeteners**

• **Food additives:** Including monosodium glutamate (MSG), hydrolyzed protein, protein isolates/concentrates, yeast extract, and aspartame

**Other Lifestyle Factors**

• **Mind-body practices:** Yoga, Tai Chi, meditation, and Qi Gong

• **Exercise:** Stress relief and muscle strength