

❑ Diet-Related Mistakes

1. Eating too many processed foods.
 2. Consuming high amounts of added sugar.
 3. Ignoring food sensitivities or intolerances.
 4. Skipping meals and causing blood sugar spikes.
 5. Not getting enough anti-inflammatory foods.
 6. Consuming refined carbohydrates frequently.
 7. Eating too much dairy despite lactose intolerance.
 8. Ignoring potential gluten sensitivities.
 9. Eating fried or greasy foods.
 10. Consuming high-sodium packaged foods.
 11. Eating spicy foods that can irritate dry mouth.
 12. Using artificial sweeteners that worsen dryness.
 13. Not consuming enough fiber-rich foods.
 14. Avoiding fats completely (missing healthy fats).
 15. Using trans fats and hydrogenated oils.
 16. Drinking sugary sodas regularly.
 17. Overeating red meat.
 18. Not eating enough plant-based meals.
 19. Eating raw veggies that are hard to chew.
 20. Skipping breakfast, worsening fatigue.
 21. Eating too much citrus (can irritate oral tissue).
 22. Not balancing protein intake throughout the day.
 23. Not timing meals to stabilize energy.
 24. Ignoring nutrient timing around medications.
 25. Not soaking nuts or seeds for easier digestion.
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❑ Hydration Mistakes

26. Not drinking enough water.
 27. Forgetting to hydrate consistently throughout the day.
 28. Relying only on coffee or tea for fluids.
 29. Drinking caffeinated drinks that worsen dryness.
 30. Ignoring electrolytes and mineral balance.
 31. Not using hydrating foods (cucumber, watermelon, etc.).
 32. Drinking alcohol, which is dehydrating.
 33. Not sipping water during meals to aid swallowing.
 34. Using mouthwashes with alcohol.
 35. Not humidifying the air to prevent fluid loss.
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❑ Inflammation & Nutrient Balance Mistakes

- 36. Not consuming enough omega-3 fatty acids.
 - 37. Ignoring food sources of antioxidants (like berries).
 - 38. Not getting enough vitamin D (or checking levels).
 - 39. Consuming too many omega-6 fats (inflammation).
 - 40. Not checking vitamin B12 levels regularly.
 - 41. Ignoring zinc and selenium, important for immunity.
 - 42. Failing to get enough magnesium.
 - 43. Relying solely on multivitamins without testing deficiencies.
 - 44. Not combining iron with vitamin C for absorption.
 - 45. Skipping iron-rich foods despite anemia risk.
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☐ **Cooking & Meal Prep Mistakes**

- 46. Not softening foods to make them easier to chew.
 - 47. Using cooking oils that oxidize (canola, corn oil).
 - 48. Cooking at very high temperatures, creating AGEs (advanced glycation end products).
 - 49. Using too many spices or acidic marinades.
 - 50. Not batch-cooking or meal prepping to save energy.
 - 51. Skipping soups or broths, which are soothing.
 - 52. Ignoring texture – foods that are dry or crumbly.
 - 53. Not preparing moist meals to combat dry mouth.
 - 54. Failing to plan meals ahead during flares.
 - 55. Avoiding food groups entirely without professional input.
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☐ **Snacks & Sugar Mistakes**

- 56. Snacking on dry crackers or chips (worsens dryness).
 - 57. Eating candy or sweets that stick to teeth.
 - 58. Chewing gum with sugar (bad for oral health).
 - 59. Relying on energy bars with high sugar content.
 - 60. Not eating protein-rich snacks.
 - 61. Snacking too infrequently and causing fatigue.
 - 62. Not drinking water with snacks.
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☐ **Lifestyle & Supplement Mistakes**

- 63. Taking supplements without checking interactions.
- 64. Ignoring the potential of probiotics.
- 65. Not supplementing omega-3s (if not from fish).
- 66. Forgetting to time supplements with food.

- 67. Taking iron without testing for anemia.
 - 68. Using supplements as a replacement for food.
 - 69. Not tracking how new supplements affect symptoms.
 - 70. Taking too many herbal supplements without guidance.
 - 71. Overusing NSAIDs without gastrointestinal protection.
 - 72. Ignoring stomach issues related to dryness.
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☐ **Lifestyle & Emotional Health Mistakes**

- 73. Not managing stress (which worsens inflammation).
 - 74. Not getting enough sleep or restorative rest.
 - 75. Ignoring physical activity due to fatigue.
 - 76. Overexerting during flares without pacing.
 - 77. Not having a daily wellness routine.
 - 78. Not using guided relaxation or meditation.
 - 79. Avoiding support groups or peer support.
 - 80. Not advocating for yourself at doctor visits.
 - 81. Ignoring oral care routines.
 - 82. Not protecting the eyes with proper hydration/masks.
 - 83. Using cosmetics with irritating ingredients.
 - 84. Ignoring environmental factors (dust, dryness).
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☐ **Mindset & Planning Mistakes**

- 85. Expecting a perfect diet every day.
- 86. Being overly restrictive without joy in eating.
- 87. Comparing your diet to others with Sjögren's.
- 88. Not journaling symptoms to track food reactions.
- 89. Giving up on changes before seeing results.
- 90. Failing to include comfort foods in a healthy way.
- 91. Not seeking guidance from a dietitian or nutritionist.
- 92. Not updating your diet plan as symptoms evolve.
- 93. Avoiding enjoyable meals in social settings.
- 94. Trying too many new foods at once.
- 95. Not reintroducing previously avoided foods slowly.
- 96. Ignoring hydration as part of dietary care.
- 97. Not educating family or caregivers about dietary needs.
- 98. Not reading ingredient labels carefully.
- 99. Skipping annual labs and nutritional assessments.
- 100. Not celebrating small wins in symptom management.