



# PSORIASIS DIET CHART



Psoriasis diet plan includes the foods that help in weight loss and are heart-friendly, gluten-free and anti-inflammatory. Whether modifying diet will help in treating psoriasis or not, is still in question. Scientists are of the opinion that there is very little evidence at the moment to support this notion. However, implementing Psoriasis diet has no side effects. Losing one pound a week is necessary to meet the weight-loss goals. Emphasize on fruits, vegetables, whole grains, and fat-free or low-fat dairy products. Avoid refined sugars and processed foods. Include lean meats, poultry, fish, beans, eggs, and nuts in the diet. Eat fish at least twice a week. Cold-water fish (such as albacore tuna, mackerel, salmon, herring, and lake trout) contain omega-3 fatty acids that can help lower your risk of coronary artery disease. Choose lean meats and poultry without skin. Prepare them without adding saturated fat or trans fat. Baking and broiling are heart-healthy ways to prepare lean meats and poultry. Anti-inflammatory foods like Flax Seeds, olive oil, pumpkin seeds and walnuts should be taken. These are plant sources of omega-3 fatty acids. Alcohol is thought to trigger psoriasis outbreaks, possibly by increasing inflammation. Cutting back or eliminating alcohol is a must. Avoid foods like dairy products, fried products, blueberries, nuts and avocados and processed sugar to maintain a healthy diet.

## Diet Chart

### Sunday

Breakfast (8:00-8:30AM) Brussels Sprouts (1 cup) + Green Tea (1 cup)  
 Mid-Meal (11:00-11:30AM) 1 Orange + Tender coconut water (1/2 cup)  
 Lunch (2:00-2:30PM) 2 Chapati + Rajma (1 cup)  
 Evening (4:00-4:30PM) Veg. Soup (1/2 cup)  
 Dinner (8:00-8:30PM) Chapati (2) + Bottle gourd curry (1/2 cup) + Cod Liver Oil (1 capsule)/ 2 white til laddoo

### Monday

Breakfast (8:00-8:30AM) Boiled Veg. Salad (carrots, broccoli, spring onions) 1 cup + Green Tea (1 cup)  
 Mid-Meal (11:00-11:30AM) 2 Chikus + Tender coconut water (1/2 cup)  
 Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Fish oil (1/3rd cup) + Lentil soup (1/2 cup)  
 Evening (4:00-4:30PM) Sauteed Bell peppers-Spring Onions n Tomato (1/2 cup)  
 Dinner (8:00-8:30PM) Chapati (2) + Ridge gourd curry (1/2 cup) + 2 white til laddoo

### Tuesday

Breakfast (8:00-8:30AM) Broccoli with Spring Onions n Mushroom soup (1 cup) + 3-4 Raisins  
 Mid-Meal (11:00-11:30AM) Pomegranate (1/2 cup) + Tender coconut water (1/2 cup)  
 Lunch (2:00-2:30PM) 2 Chapati + Chickpeas (1/3rd cup) + Bitter gourd curry (1/3rd cup)  
 Evening (4:00-4:30PM) Tomato Soup (1/2 cup) + Toast (2 slices)  
 Dinner (8:00-8:30PM) Chapati (2) + Mix veg. curry (1/2 cup) + 2 white til laddoo

## Wednesday

Breakfast (8:00-8:30AM) Oats meals with Strawberry (1 cup) + 1 Green Tea (1 cup)  
Mid-Meal (11:00-11:30AM) Grapes (1/2 cup) + Tender coconut water (1/2 cup)  
Lunch (2:00-2:30PM) Veg. pulav (1 cup) + Dum aloo (1/2 cup) + Roasted papad (1-2)  
Evening (4:00-4:30PM) Chicken stew (1/2 cup)  
Dinner (8:00-8:30PM) Chapati (2) + Snake gourd curry (1/2 cup) + Cod Liver Oil (1 capsule)/ 2 white til laddoo

## Thursday

Breakfast (8:00-8:30AM) Boiled Corns n Carrots (1 cup) + Green Tea (1 cup)  
Mid-Meal (11:00-11:30AM) 1 Guava + Tender coconut water (1/2 cup)  
Lunch (2:00-2:30PM) Parboiled rice (1 cup) + Fish Curry (1/2 cup) + Lentil soup (1/2 cup)  
Evening (4:00-4:30PM) Sauteed Bell peppers-Spring Onions n Tomato (1/2 cup)  
Dinner (8:00-8:30PM) Chapati (2) + Baked Carrot n Beetroot (1/2 cup) + 2 white til laddoo

## Friday

Breakfast (8:00-8:30AM) Boiled Veg. Salad (carrots, broccoli, spring onions) 1 cup + Green Tea (1 cup)  
Mid-Meal (11:00-11:30AM) 1 Kiwi + Tender coconut water (1/2 cup)  
Lunch (2:00-2:30PM) 2 Chapati + Potato n Drumstick curry (1/2 cup)  
Evening (4:00-4:30PM) Veg. Soup (1/2 cup)  
Dinner (8:00-8:30PM) Chapati (2) + Spinach curry (1/2 cup) + Cod Liver Oil (1 capsule)/ 2 white til laddoo

## Saturday

Breakfast (8:00-8:30AM) Broccoli with Spring Onions n Mushroom soup (1 cup) + 3-4 Raisins  
Mid-Meal (11:00-11:30AM) 1 Apple + Tender coconut water (1/2 cup)  
Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Red saag (1/3rd cup) + Lentil soup (1/2 cup) + Bottle gourd curry (1/2 cup)  
Evening (4:00-4:30PM) Baked Tomato n Chicken (1/2 cup) + Green Tea (1 cup)  
Dinner (8:00-8:30PM) Chapati (2) + Baked Pumpkin (1/2 cup) + Cod Liver Oil (1 capsule) + 2 white til

## Do's And Dont's

### Do's:

1. Just because it can go on your body doesn't mean its suitable for your scalp. The NPF states that there are a variety of topicals that are safe for both the body and scalp, some of which include anthralin, Dovonex, Taclonex and Tazorac. Also be sure not to use anything prescribed for the scalp unless directed by a doctor.
2. The best natural products for your hair and scalp are usually the ingredients you can also ingest. Other scalp-friendly products include olive oil, coconut oil, and avocado.

3. Tar has proven effective as a treatment for psoriasis for decades, but applying it can be messy, time consuming and changes can take time. Salicylic acid can also be useful, but can result in temporary hair loss if left on the scalp for too long. Additionally, over the counter scale softeners can be placed on the scalp to help loosen scales. The downside is that while these products can help with psoriasis, they often dry out the hair.
4. Even though half of psoriasis sufferers will experience symptoms on their scalp, many mistake the white flakes for dandruff and don't receive proper treatment until the condition becomes unbearable. And at that point, it can be a tricky condition to manage.

### **Don'ts**

1. Inform your doctor know immediately if you notice plaques in your scalp. Ignoring these symptoms could worsen the disease and increase the risk of hair loss. You may also want to talk with your doctor about systemic drugs, which target the entire body including the scalp, without having to apply topical treatments directly.
2. It's important to wear whatever feels comfortable, whether it's dark or light, but some choose not to wear dark colors because flakes can be very noticeable. Lighter color clothing or shirts with prints can help camouflage flakes or reduce the appearance of them.
3. Like the rest of your body, the scalp can be negatively affected by hot water. It can also be counterproductive for your condition, drying out your skin and making you more prone to having a flare.
4. Don't use harmful chemicals for your hair.

## **Food Items To Limit**

1. Psoriasis is an inflammatory condition, and junk foods tend to be high in saturated and trans fats and refined starches and sugars, all of which can promote inflammation. Another reason to avoid junk foods is that they are high in calories with little nutritional value, and people with psoriasis often have weight problems.
2. Red meats contain a polyunsaturated fat called arachidonic acid. This type of fat can worsen psoriasis symptoms because it can easily be converted into inflammatory compounds. Also avoid processed meats, such as sausage and bacon.
3. Some people report that consuming plants from the "nightshade family" — which includes peppers, white potatoes, eggplant, and tomatoes — exacerbates their psoriasis. These vegetables contain solanine, a chemical compound that has been shown to trigger pain in some people.
4. Sometimes an allergic reaction can cause psoriasis to flare. Citrus fruits, such as grapefruit, oranges, lemons, and limes, are a common allergen.

5. This protein is found in some grass-related grains, including rye, wheat, and barley. Researchers in Portugal found that psoriasis symptoms in some people with a gluten sensitivity improved after they began avoiding gluten.
6. Some people with psoriasis find condiments and spices to be their enemy. The ones that seem to cause the most trouble for people with psoriasis are pimento, cinnamon, curry, vinegar, mayo, paprika, Tabasco sauce, Worcestershire sauce, and ketchup. These condiments are all on the no-no list because substances in each of them can increase inflammation.

## **Food Items You Can Easily Consume**

1. Oil in salmon, albacore tuna and other fatty fish provides anti-inflammatory benefits and may help reduce itching and redness linked with psoriasis.
2. Whole grains are low-glycemic, meaning they have a mild impact on your blood sugar levels and may improve appetite control and hormonal levels and lead to improved symptoms.
3. Whole grain breads and cereals also provide folic acid -- a synthetic form of the B-vitamin folate.
4. If you take the psoriasis medication methotrexate, you may need increased folic acid.
5. Colorful fruits and vegetables, such as berries, bell peppers and leafy greens, provide antioxidants that help strengthen your immune system.
6. Healthy protein-rich foods include skinless white-meat poultry, fish, low-fat dairy or soy-based products and legumes. In addition to fatty fish, nuts, seeds, vegetable oils and avocados provide healthy fats.



# Thank You



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