Psoriatic disease is an inflammatory disease. Adopting an anti-inflammatory diet could help reduce symptoms of psoriasis or psoriatic arthritis.

No treatment works for everyone with psoriatic disease, and the same goes for dietary changes. However, there is some scientific evidence that the making the following changes to your diet could improve your health and reduce your risk of developing related conditions like heart disease and diabetes.

**Eat fish**
A recent study found eating one to two three-ounce servings of fish per week also reduced the risk of dying from heart disease by 36 percent. Omega-3 fatty acids, found in fish like salmon, sardines, herring, mackerel and anchovies, can counter side effects from medications such as inflammation of the kidneys or liver.

**Take probiotics**
Some people with psoriasis have seen improvement after taking probiotics. In addition, two daily doses of a new probiotic — L. reuteri NCIMB 30242 — lowered key cholesterol-bearing molecules in the blood, as well as bad and total cholesterol levels, in a recent study.

**Use nut oils**
Use olive, avocado and nut oils for sautéing vegetables or in salad dressings. Flax seed, evening primrose, borage and black currant seed oil taken as a raw oil or in capsule form can help ease inflammation.

**Spice it up**
Turmeric — a popular spice in curry — can combat the inflammation of psoriasis and psoriatic arthritis. Using herbs and spices can help lower salt intake, which decreases blood pressure and lowers the risk of heart attack and stroke. In addition, herbs and spices have antioxidant properties, and consuming a half to one clove of garlic daily may have a cholesterol-lowering effect.

**Eat a rainbow**
Colorful fresh fruits and vegetables contain vitamins and other properties that can help reduce inflammation. Examples are carrots, squash and sweet potatoes, spinach, kale and broccoli, blueberries, mangoes, strawberries and figs.

**Cut out sugar**
Excess sugar consumption can contribute to type 2 diabetes and heart disease, and can increase cholesterol levels. Sugar also is high in calories and consuming it can make it difficult to attain a healthy weight.

**Be careful with alcohol**
Drink alcohol with moderation, as heavy alcohol use is linked to more severe psoriatic disease. People using certain medications, such as methotrexate, should not drink alcohol because of the risk of liver damage.

**Experiment with removing gluten**
Not all people with psoriatic disease are sensitive to gluten. But those who are may find their psoriasis and psoriatic arthritis improves by going on a gluten-free diet. Gluten is a protein found in many common grains, such as wheat, barley and rye. Gluten also is in many processed foods, such as lunch meat, soy sauce and salad dressings.