Psoriasis and psoriatic arthritis (together called psoriatic disease) are chronic (lifelong) diseases that are related to the immune system. When you have psoriatic disease, your immune system becomes overactive and causes inflammation (swelling and redness) of the skin, joints and in areas where your tendons and ligaments connect to bone.

Following an anti-inflammatory diet could help reduce symptoms of psoriatic disease. No treatment works for everyone, and the same goes for dietary changes. But there is some scientific evidence that the following changes to your diet could improve your health and reduce your risk of developing comorbidities (related conditions) like heart disease or diabetes.

### Eat fish

Evidence suggests that eating 2 servings of fish (3 ounces per serving) each week can lower your risk of developing heart disease by 33 percent. Omega-3 fatty acids from fish can counter negative side effects from medicines by reducing inflammation of the kidneys or liver. Omega-3 fatty acids are unsaturated fatty acids found in fatty fish (like salmon, sardines, herring, mackerel, anchovies and tuna). Other good sources of omega-3 fatty acids include soy, fish oil, egg yolk, sea vegetables, such as algae and, to a lesser extent, grass-fed animals.

### Take probiotics

You naturally have bacteria or microbes living inside and on the surface of your body (also called the microbiome). Probiotics contain live bacteria that replace or add to the good bacteria normally present in your gut. People with psoriatic disease have seen improvement in their symptoms after taking probiotics. Some probiotics have been found to reduce cholesterol levels.

Options for probiotics include cultured milk products such as yogurt with active cultures, kefir and milk. Probiotics can also be found in fermented foods or drinks including pickles, sauerkraut, kimchi, or kombucha.
**Use nut oils**

Use olive, avocado or other 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 lower inflammation.

**Spice it up**

Turmeric is a popular spice in curry dishes. It can also combat the inflammation of psoriasis and psoriatic arthritis. Using other herbs and spices can also help lower salt intake, which helps to decrease blood pressure and lower the risk of heart attack and stroke. Certain herbs and spices also have antioxidant properties that can prevent and repair damage in the body.

**Eat a rainbow**

Colorful fresh fruits and vegetables have vitamins and nutrients that can help reduce inflammation. Examples are carrots, squash, sweet potatoes, spinach, kale, broccoli, blueberries, mangoes, strawberries and figs.

**Cut out sugar**

Too much sugar can lead to obesity, type 2 diabetes and heart disease. It can also increase cholesterol levels. This is because sugar is high in calories but low in nutrients. That makes it difficult to reach a healthy weight and stay there.

**Be careful with alcohol**

Heavy alcohol use is connected to increased psoriasis symptom severity. If you do drink alcohol, do so in moderation: 1 drink per day for women and 2 drinks per day for men. People using certain medicines, such as methotrexate or Soriatane (acitretin), should not drink any alcohol because of the increased risk for liver damage.

**Experiment with removing gluten**

Gluten is a protein found in many common grains, such as wheat, barley and rye. Gluten is also in many processed foods, such as lunch meat, soy sauce and salad dressings. Not everyone with psoriatic disease is sensitive to gluten. But those who are may find that their symptoms improve when they go on a gluten-free diet. However, the link between gluten and psoriatic disease is not clearly understood.

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**What should I do next?**

Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments [find contact information below].

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800-723-9166 | education@psoriasis.org | www.psoriasis.org/navigationcenter

*National Psoriasis Foundation educational materials are medically reviewed and are not intended to replace the counsel of a physician. The Foundation does not endorse any medications, products or treatments for psoriasis or psoriatic arthritis and advises you to consult a physician before initiating any treatment.*

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