

DIETARY SUGGESTIONS FOR PATIENTS SUFFERING FROM PSORIASIS AND SCALY SKIN

Certain foods are considered better-tolerable for psoriasis patients; others are not as recommendable.
This list should serve as a basis for orientation when selecting foods.

Nutritional category	Non-recommendable foods	Recommendable foods
Alcohol	(grape) wine, brandy, cognac, champagne, grappa, sparkling wine, Samos wine, vermouth, sherry, nut liqueur, Aquavit, egg liqueur, Cinzano	Beer, whiskey, gin, all types of fruit- and/or grain-based schnapps, rum, apple cider, berry wine, vodka
Vinegar	Spirit vinegar, herb vinegar, wine vinegar	fruit vinegar
Fats, oil	Highly industrially-processed oils and fats	Top-quality, cold-pressed oils
Fish	Pickled fish with ready-made seasoning blends	All types of fish, particularly sea fish rich in fat
Meat		All types
Vegetables	Canned vegetables with seasonings, pickled in spirit or herb vinegar, pickles	All types of vegetables such as tomatoes, fresh bell peppers, olives, salted pickles, sauerkraut, dill pickles
Spices	Spice blends (with additives) – use with caution. This also goes for sausage! It is better to limit consumption Seasoning sauces and pre-packaged sauces such as Maggi, Tabasco, Worcestershire sauce, ketchup, mayonnaise ready-made seasoning pastes/cubes, anise, cayenne pepper, nutmeg, cloves, paprika powder, pepper, mustard, cinnamon, herbs marinated in oil	Spices such as cumin, curry leaves, ginger, garlic, coriander, turmeric, bay leaves, horseradish, saffron, celery seed, juniper, onions, all fresh herbs such as basil, mugwort, dill, cress, lovage, marjoram, oregano, parsley, rosemary, chives, thyme, lemon balm etc.
Cheese	Cheese made with edible mold	
Carbohydrates		Legumes, rice, pasta etc.

Milk products		All milk products, preferably natural, without flavorings and sugar - such as curd, plain yogurt, milk
Nuts	Hazelnuts, walnuts, peanuts and their products such as peanut butter, peanut oil, hazelnut cream with chocolate	Coconuts, almonds and their products, coconut oil, Brazil nuts, cashew kernels, flaxseed, sesame, sunflower seeds, pistachios
Fruits	Lemon and orange peels, candied lemon peel and candied orange peel, machine-produced lemon juice or orange juice	Citrus-fruit pulp, self-squeezed citrus juices

In general – and particularly for psoriasis patients – the following is recommended:

- reduce excess weight if overweight
- limit nicotine and alcohol consumption as much as possible

*Important notice: The metabolic balance® diet plan intentionally refrains from excluding any potentially questionable foods, since the level of tolerability for individual foods in psoriasis patients is often highly varied. That's why it is recommended to also always attentively observe your own reactions for your own benefit. This is how you can find out step by step which foods are not well-tolerable to the skin and should therefore be avoided – or which ones benefit the body. A nutritional diary or protocol in which daily meals and the individual ingredients (along with the level of tolerability) are noted down can serve as an aid in this process.