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Diet and Hidradenitis Suppurativa (HS)

Diet:

- Mediterranean diet is best, the Standard American Diet (red meat, high fat foods, high calories foods, processed foods) worsens HS
- Intermittent Fasting has been especially helpful if condition is severe
- Food that stimulate insulin (dairy and sweets) worsen HS

Supplements:

- Zinc Gluconate 90-200 mg daily improves symptoms
- Vitamin D supplements improve symptoms as 1/3 HS patients are severely deficient

Evidence-based Recommendations:

- Enjoy the Mediterranean diet, eat vegetables, and fresh fruit
- Choose corn based cereals, white meat, and fish
- Supplement with Zinc and Vitamin D
- Avoid dairy and sweets
- Avoid Leucine rich foods such as cheese, soybeans, beef, pork, beans
- Avoid Brewer's yeast or wheat- containing foods such as alcohol, beer, baked goods, fermented cheese, mushrooms