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## Diet and Psoriasis

### Diet:

- For Celiac positive patient with Psoriasis, benefit seen with a gluten free diet
- For overweight or obese patient with Psoriasis (BMI  $\geq$  25), benefit seen with weight loss and a low calorie diet of 800- 1400 calories per day
- Hypocaloric Keto Diet (<500 calories a day), benefit seen after 4 weeks with decreased severity of psoriasis, decreased inflammatory markers, and better total and LDL cholesterol

### Supplements:

- No good scientific evidence suggesting benefit with supplements for outpatient psoriasis

### Evidence-based Recommendations:

- Mediterranean Diet with extra virgin olive oil
- 3 servings vegetables a day
- 3 servings legumes a day
- 3 servings fruit a day
- 3x/ week tree nuts
- Consuming more OMEGA 3 fatty acids, monounsaturated fats, fiber, complex carbohydrates

Omega 3 Fatty Acid Sources: mackerel, Salmon, Herring, Oysters, Sardines, Anchovies, Caviar

Plant-based Omega 3 Fatty Acid Sources: Flaxseeds, Chia Seeds, Walnuts, Soybeans