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## Diet and Rosacea

### Diet:

- Avoid hot drinks (hot coffee, hot tea)
- Avoid alcohol (wine, hard liquor)
- Avoid Capsaicin related foods (hot spices, cayenne, hot peppers)
- Avoid Cinnamaldehyde related foods (tomatoes, citrus, cinnamon, chocolate)

### Supplements:

- Zinc Gluconate 90-200 mg daily improves symptoms

### Evidence-based Recommendations:

- One study looking at 50,000 patients with rosacea found that they had a higher chance of certain GI conditions (incl. celiac disease, small intestinal bacterial overgrowth, and irritable bowel syndrome).
- Therefore, focusing on good gut health may be important, so include:
  - High fiber foods (whole grains, legumes, fruits, vegetables)
  - Pre-biotics (bananas, onions, garlic, leeks, asparagus, artichokes, beans)
  - Pro-biotics (yogurt with cultures, kefir, miso, kimchi, sauerkraut, kombucha, or probiotic supplements with >50 billion units)
- Figure out your triggers, either with a food diary to correlate with what foods were eaten when symptoms worsened, or eliminate all potential triggers listed above for 6 weeks and slowly introduce them back one at a time to test for reactions