

Psoriasis Diet

Beneficial Foods

Oily fish such as salmon, sardines, and mackerel

Carrots, apricots, mangos, and green leafy vegetables

Flax seeds, sunflower and sesame seeds

Brazil Nuts

Breakfast cereals, breads and yeast

Broccoli, cabbage, brussel sprouts

Shellfish and whole grain foods

Foods to Avoid

Red meats, dairy products, prepared meats, sausages, spice cakes, pickles, peppers, nut based pastries, chocolate based products.

Alcohol

Spices and condiments, pepper, cloves, cumin, anise, cinnamon, paprika, mustard, pimento, nutmeg, commercial mayonnaise, ketchup, tabasco sauce, bouillon cubes and gravies, wine, vinegar, herb vinegar, candied orange, lemon peel, and curry.

Citrus fruits, fruit peels, orange marmalade, prepared juices, grapefruit, lime, lemon, lemonade.