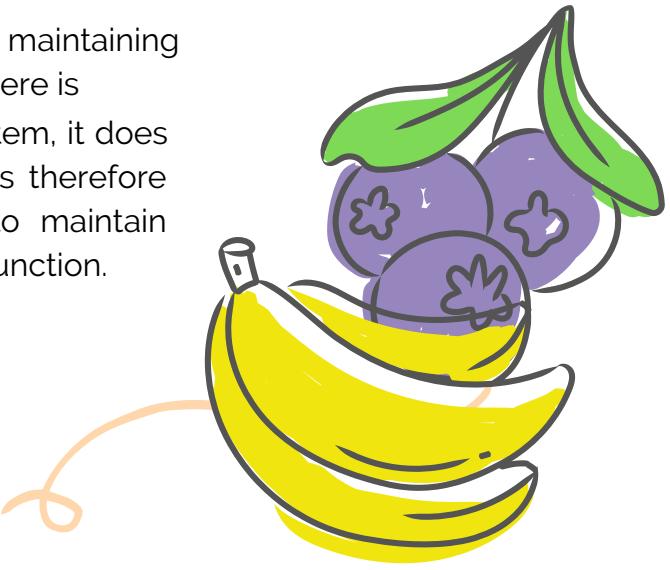


# Eating well during this challenging time

## Why it is important to eat well

Although there is currently no evidence to suggest that diet affects psoriasis, it is always recommended that the healthiest option is maintain a balanced diet with 5 portions of fruit or vegetables per day. In this challenging time, it is understandable that individuals may be concerned about their diet or have questions about nutritional issues. In this article, we share some top tips from the British Dietetic Association regarding diet and coronavirus (COVID-19). To read the full article from the British Dietetic Association, please click [here](#).

**Do** Support your immune system by maintaining a healthy balanced diet. While there is no way to use diet to 'boost' your immune system, it does rely on a number of nutrients to function. It is therefore recommended that you eat a variety of foods to maintain a healthy balanced diet and support immune function.



**Do** Consider how you are getting Vitamin D. Vitamin D is vital in helping us to maintain healthy bones, muscles, and teeth. We get most of our Vitamin D from sunshine and so even a healthy diet is unlikely to provide enough Vitamin D without it. Therefore, if you are having to self-isolate, or are unable to go outside, the British Dietetic Association recommends that adults and children over the age of one consider taking a daily supplement containing 10 micrograms of vitamin D.



# Do

Keep a food diary if you think that your diet may be affecting your psoriasis. Making a note of your symptoms alongside the food diary may help you notice any patterns. However, you shouldn't drastically alter your diet without speaking to your GP first.

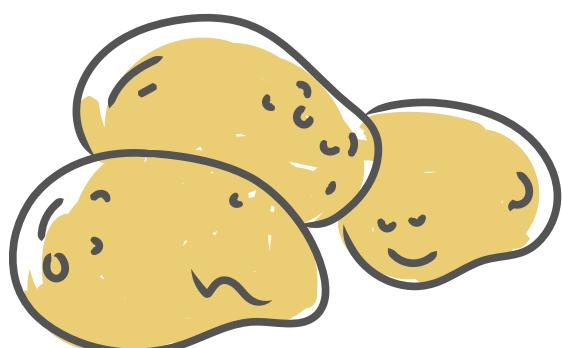


# Do

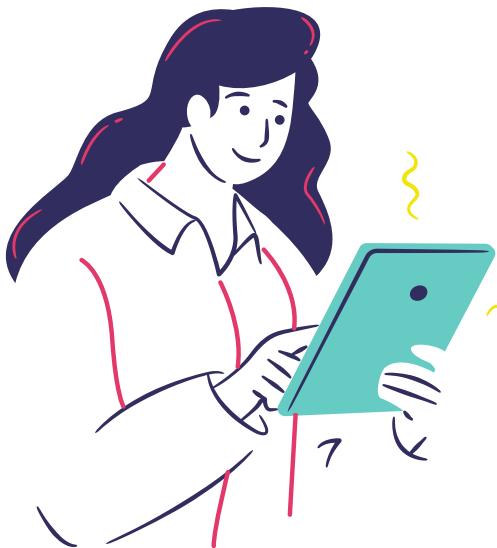
Plan your food shop. While there is no need to stockpile food, you should try to minimise the number of shopping trips that you make. Think about the shelf life of fresh foods - root vegetables such as potatoes, carrots, and onions have a longer shelf life and so will help to minimise food waste. Also, consider buying some easy, long-life meal options just in case you do get sick. These could include canned soups, microwavable rice, and frozen ready meals.

# Do

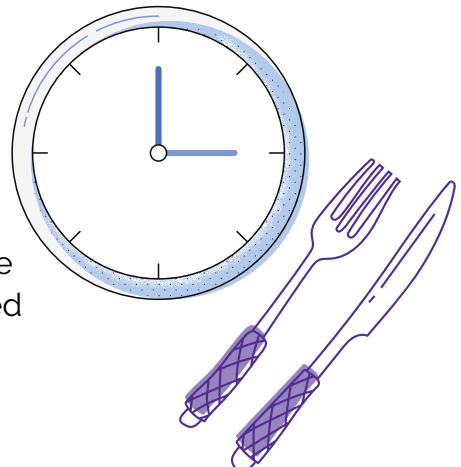
Consider how you store and use your food. Keep use-by dates in mind and use your fresh ingredients first to stop them from going to waste. Also think about where different foods are best stored. Some fresh foods such as tomatoes, un-peeled onions, un-peeled potatoes, and whole butternut squashes can be kept in a cool dark space, freeing up fridge space for more perishable foods. Make your salads and fresh herbs last longer by gently washing, rinsing, and drying them before covering and placing them in the appropriate plastic storage tray in the fridge.



# If you have COVID-19



**Do** Follow the NHS advice. Check the [NHS website](#) for the latest advice on self-isolating if you, or someone you live with, has COVID-19. If you feel you cannot cope with your symptoms at home, or your condition gets worse, use the [NHS 111 online](#) coronavirus service.



**Do** Keep eating and drinking regularly. Being unwell can sometimes diminish your appetite so it is important to make sure that you are staying hydrated and continuing to eat a healthy, balanced diet.

## Malnutrition

Older individuals, people who are socially isolated, and people with infections are more at risk of malnutrition, which occurs when your diet doesn't contain the right amounts of nutrients. This is a serious condition that increases risk of infection, slows recovery, and increases the risk of frailty. One of the most common symptom for malnutrition is unintentional weight loss.

**Do** Identify whether yourself, or a family member, needs additional nutritional help if you, or they, are concerned about unintentional weight loss. The British Dietetic Association recommends using [this checklist](#).

