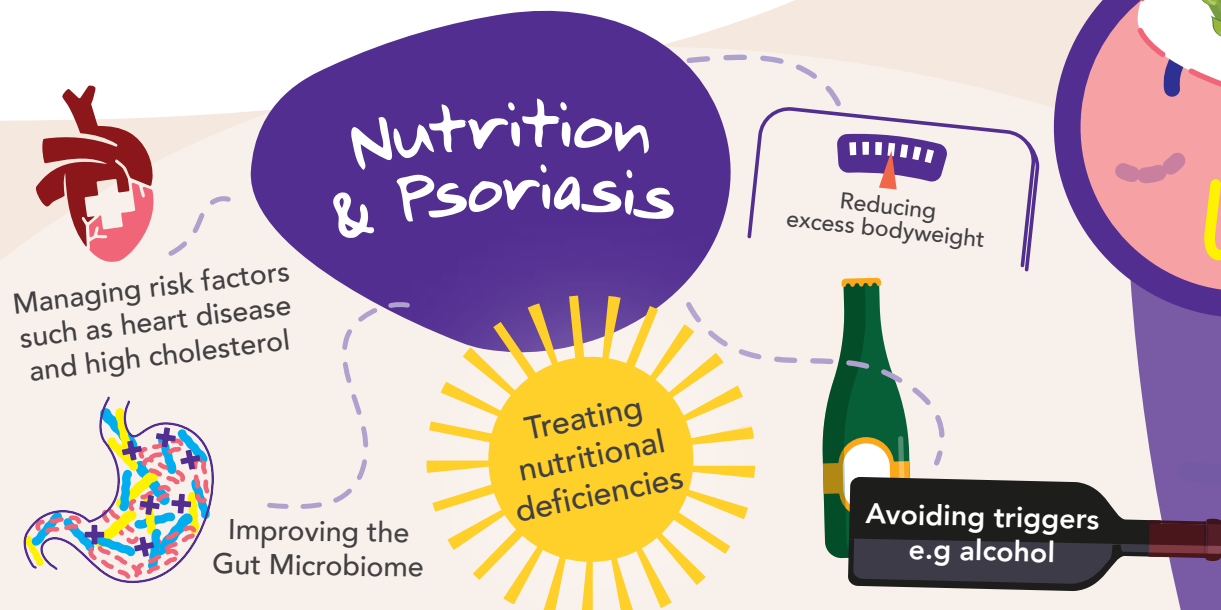


Diet & Nutrition

With the help of Dr Thivi Maruthappu, a consultant dermatologist, nutritionist and researcher, we have put together some tips for helping you to eat well when living with psoriasis.



This information should be used as a guide only. Please consult a healthcare professional before making any drastic changes to your diet.

Support your Gut Microbiome

30

Aim for variety with your fruit & veg intake - the goal is **30 different plants per week**

Include **fermented foods** - Saurkraut, Kimchi, Kombucha and Kefir

Include **pre-biotic foods** which feed **good bacteria** such as asparagus, onions and leeks

Fibre rich whole grain foods such as oats, brown rice, wholemeal pasta and bread.



Try eating within a **12 hour window**

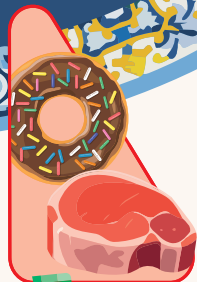
Follow a Mediterranean Diet

Limit
refined sugar,
and red meat

Low fat dairy,
oily fish

Fruits, vegetables,
nuts and seeds

Wholegrains



INCREASE

vegetables

fruits

nuts

whole grains

seeds

DECREASE

processed foods

high sugar diets

red/processed meats