

## popular diets

### Psoriatic Disease

Managing psoriatic disease (PD) flares is important for living your best life. There is limited research on the proven benefits of one specific diet for treatment. However, below are some of the most popular diets implemented to help reduce symptoms of psoriatic disease and improve overall well-being. help improve symptoms and overall well-being. Before starting any diet plan, always talk with your doctor and registered dietitian.

Diet	Details
<p><b>Gluten-Free Diet</b></p>	<ul style="list-style-type: none"> <li>• Avoid all foods that contain gluten. Gluten is a protein found in wheat, rye, barley, and their products.</li> <li>• Gluten can also be found in products that were processed in the same facility as gluten-containing foods.</li> <li>• Naturally gluten-free foods include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans and legumes, nuts and seeds.</li> </ul>
<p><b>Dairy-Free Diet</b></p>	<ul style="list-style-type: none"> <li>• Avoid all dairy foods. Primary sources of dairy include milk, cheese, butter, cream cheese, cottage cheese, sour cream, custards, puddings, ice cream, gelato, sherbet, whey, and casein.</li> <li>• Naturally dairy-free foods include fruits, vegetables, meat and poultry, fish and seafood, beans and legumes, nuts and seeds.</li> </ul>
<p><b>Paleo Diet</b></p>	<ul style="list-style-type: none"> <li>• A high-protein, high-fiber diet emphasizing the dietary patterns of our Paleolithic ancestors.</li> <li>• The Paleo diet includes fish, lean meats, fruits, vegetables, and healthy fats. It also includes eggs, nuts, and seeds.</li> <li>• Processed foods are restricted on the Paleo diet, which includes refined white sugar. Other restricted foods include dairy products, wheat, grains, legumes, potatoes, and refined vegetable oils, like canola oil.</li> </ul>

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<p><b>Anti-Inflammatory Diet</b></p>	<ul style="list-style-type: none"> <li>• A diet focused primarily on plant-based foods such as fruits, vegetables, whole grains, beans, and nuts.</li> <li>• Healthy fats, such as olive oil, are encouraged, as well as herbs and spices to flavor food instead of salt.</li> <li>• The diet limits red meat consumption to no more than a few times a month but encourages eating fish and poultry a minimum of two times per week.</li> </ul>
<p><b>Nightshade Elimination Diet</b></p>	<ul style="list-style-type: none"> <li>• Removes foods containing certain components that may trigger an inflammatory response.</li> <li>• Nightshade foods include eggplant, bell pepper, white potatoes, tomatoes, peppers, tomatillos, ground cherries, paprika, and cayenne pepper.</li> </ul>
<p><b>Elimination Diet</b></p>	<ul style="list-style-type: none"> <li>• A short-term diet plan to identify food allergens or intolerances that may cause PD flares.</li> <li>• The diet eliminates all common food allergens (milk, eggs, peanuts, nuts, wheat/gluten, fish, shellfish, and soy) for 3-6 weeks.</li> <li>• After the elimination period, one food allergen category is reintroduced in the diet every 1-2 weeks. The goal is to determine if a food category is causing PD flares.</li> <li>• This diet is recommended to be followed under the supervision of a registered dietitian specialized in elimination diets.</li> </ul>