

nourishment notes

Psoriatic Disease

Nourishment Notes



Almonds

Almonds are an excellent source of protein, fiber, heart-healthy fats and vitamin E. The fiber may help keep the digestive system running smoothly while the vitamin E content can help lower inflammation.



Apples

Apples are fiber-rich foods important for lowering the risk of heart disease and lowering the risk of certain types of cancer.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working it's best.



Bananas

Bananas are a good source of fiber to help aid in gut health. They also contain potassium, a mineral important to heart health, and contain a variety of antioxidants to help reduce inflammation associated with PD.



Bean-Based Pasta

Bean-based pasta provides adequate amounts of fiber and protein. Fiber is important in maintaining gut health and regularity and protein helps grow new and healthy cells.



Black Beans

Black beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle and folate to aid in the growth of new and healthy cells.

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Blueberries

Blueberries are high in fiber, vitamin C and vitamin K and have an incredibly high number of antioxidants.



Broccoli

Broccoli is rich in cancer and disease fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function and folate to promote healthy new cell growth.



Brussels Sprouts

Brussels sprouts are a type of cruciferous vegetable. Cruciferous vegetables are rich in folate and vitamin K. They also contain phytonutrients - plant-based compounds that may help lower the risk of cancer.



Butternut Squash

Butternut squash contains carotenoids and antioxidants, nutrients that help protect cells from damage and manage chronic pain. Squash is also high in fiber important for digestion and potassium important for helping with maintaining healthy blood pressure levels.



Cannellini Beans

Cannellini beans are full of fiber, protein and antioxidants. They can also play a role in maintaining a healthy weight, blood sugar control and heart health.



Carrots

Carrots are rich in carotenoids, lutein and lycopene- nutrients that help promote skin, eye and hair health. Carrots may also lower inflammation and reduce the risk of cancer and heart disease.

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Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.



Chia Seeds

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein and omega-3 fatty acids. Fiber helps promote gut health, protein provides building blocks to help make new and healthy cells, and omega-3 fatty acids help to lower the risk of heart disease.



Chicken

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.



Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control. This is important because people with psoriatic disease are more likely to develop conditions like type 2 diabetes.



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

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Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's and dementia.



Ginger

Ginger is a powerful antioxidant. It's been known to help reduce nausea and may help reduce muscle pain and soreness.



Kale

Kale is one of the most nutrient dense foods in the world and contains several types of antioxidants. Due to these antioxidants, kale may be an anti-inflammatory food, an important quality for those with psoriatic disease.



Green Lentils

Green lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked green lentils has 9 grams of fiber, important for digestive health.



Mushrooms

Mushrooms are rich in antioxidants, like selenium, vitamin C and choline. Antioxidants can help prevent oxidative stress and reduce inflammation in the body.



Oatmeal/Oats/Old Fashioned Oats/Rolled Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.

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Onions

Onions help feed our gut bacteria, promoting a healthy digestive system. Onions are also high in antioxidants to protect healthy cells from damage, and they may help reduce the risk of heart disease.



Pears

Pears are an excellent source of fiber to help promote digestive regularity as well as heart health.



Pumpkin

Pumpkin is rich in vitamin A and antioxidants. These antioxidants may be beneficial for protecting cells from damage and lowering the inflammation associated with psoriatic disease.



Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



Red Lentils

Red lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked red lentils has 4 grams of fiber, about 14% of your daily fiber needs! Fiber is very helpful for improving gut health.



Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.

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♥ Spaghetti Squash

Spaghetti squash is a tasty, low-calorie, gluten-free alternative to pasta. It's also rich in fiber, vitamin C, B vitamins and potassium.



♥ Spinach

Spinach is packed with antioxidants to help reduce inflammation and pain associated with psoriatic disease. It also contains nutrients and vitamins that may help lower the risk of heart disease and diabetes.



♥ Strawberries

Strawberries contain high amounts of vitamin C, a nutrient important to the immune system. They also may help to lower inflammation in the body, improve cholesterol levels and decrease the risk for heart disease.



♥ Sweet Potatoes

Sweet potatoes are rich in many vitamins and minerals, including vitamin A, potassium and vitamin C. Vitamin C is important for skin health and may be beneficial for those with psoriatic disease.



♥ Tomatoes

Tomatoes are rich in the antioxidant lycopene. Lycopene has been linked to improved skin health, as well as lowering the risk of heart disease and certain types of cancers.



♥ Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help contribute to a healthy cardiovascular system.

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Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



Whole Wheat Flour

Whole wheat flour is an excellent source of fiber and key B vitamins. A diet high in fiber is important for digestive health and reduces the risk of heart disease and stroke.