

key nutrients

Psoriatic Disease

Eating a healthy, balanced diet may be key for feeling your best with psoriatic disease. However, certain nutrients may be even more important because of their anti-inflammatory effects. See below for vitamins, minerals and other nutrients, and their food sources, that may be particularly beneficial for those with psoriatic disease.

Vitamin C
Best Sources Include:
Broccoli
Brussels sprouts
Cantaloupe
Citrus Fruits
Kiwi
Red and Green Peppers
Strawberries
Tomatoes

Vitamin A
Best Sources Include:
Beef Liver
Cantaloupe
Carrots
Cod Liver Oil
Pumpkin
Salmon
Spinach
Sweet Potato

Vitamin E
Best Sources Include:
Greens
Nuts and Seeds
Safflower Oil
Sunflower Oil
Wheat Germ

Antioxidants
Best Sources Include:
Apples
Blackberries
Blueberries
Broccoli
Cherries
Kale
Raspberries
Spinach
Strawberries

Vitamin D
Best Sources Include:
Cod Liver Oil
Egg Yolks
Fatty Fish (salmon, tuna, mackerel)
Fortified Milk and Dairy Products
Fortified Orange Juice
Mushrooms

Omega-3 Fatty Acids
Best Sources Include:
Chia Seeds
Cod Liver Oil
Ground Flax Seeds
Herring
Mackerel
Salmon
Walnuts