



Psoriatic Disease

# nutrition tool kit

 **meijer**  
specialty pharmacy

# about psoriatic disease

**Living with a chronic condition like psoriatic disease can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.**

For more information on the role of nutrition in managing psoriatic disease (PD), please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

**Our dietitian-tested recipe section includes:**

- Food substitutions based on common food allergens and intolerances
- Helpful nourishment notes calling out the benefits of certain foods for psoriatic disease
- Downloadable recipes

And don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement.

**Find all of this and more at [meijerspecialtypharmacy.com](https://meijerspecialtypharmacy.com)**

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## shopping list

### Psoriatic Disease

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help! Below you'll find some healthy, PD-friendly foods, no matter what section you're shopping in.

\* Contains gluten | ∞ Contains lactose

Produce	
— Fruits —	
Apples	Lime
Apricots	Mango
Bananas	Nectarines
Blackberries	Oranges
Blueberries	Papaya
Cantaloupe	Peaches
Cherries	Pears
Dates	Pineapple
Figs	Plums
Grapes	Pomegranates
Honeydew Melon	Raspberries
Jackfruit	Strawberries
Kiwi	Watermelon
Lemon	

Produce	
— Vegetables —	
Artichoke	Green Beans
Arugula	Lettuce
Asparagus	Mushrooms
Avocado	Okra
Beans	Onion
Beets	Parsnips
Bell Peppers	Pattypan Squash
Bok Choy	Peas
Broccoli	Peppers
Broccoli Rabe	Potatoes
Brussels Sprouts	Pumpkin
Butternut Squash	Radish
Carrots	Scallions
Cauliflower	Spinach
Celery	Summer Squash
Corn	Sugar Snap Peas
Cucumber	Spaghetti Squash
Eggplant	Swiss Chard
Garlic	Tomato
Jicama	Zucchini

## shopping list

### Psoriatic Disease

\* Contains gluten | ∞ Contains lactose

Dairy
Low-Fat Milk (1% or skim) ∞
Low-Fat Cheese (1% or skim) ∞
Low-Fat Yogurt (1% or skim) ∞
Kefir ∞
Plant-Based Milk (nut varieties, soy, rice)
Plant-Based Yogurt (almond, coconut, soy)
Plant-Based Cheese (nut varieties, soy)
Plant-Based Kefir

Canned Foods
Canned Beans and Legumes
Canned Fruit (packed in water)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Canned Vegetables (no added salt)

Frozen Foods
Frozen Fruit (no added sugar)
Frozen Vegetables (no added sauce, seasoning or salt)
Frozen, Ready to Eat Grains

Lean Protein
Beans
Eggs
Fish: salmon, tuna, mackerel
Shellfish: shrimp, scallops
White Meat Poultry: turkey, chicken

Grains & Starches
Barley*
Bean-Based Pasta (example Banza®)
Brown Rice
Corn Meal
Gluten-Free Breads
Old Fashioned Oatmeal
Quinoa
Sprouted Breads (example Ezekiel®)*
Wheat Berries*
Whole Grain Bread*
Whole Grain Pasta*
100% Whole Wheat Breads (buns, muffins, bagels)*
100% Whole Wheat Flour*

## shopping list

### Psoriatic Disease

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Nuts, Oils and Seeds
Almonds
Avocado Oil
Brazil Nuts
Canola Oil
Cashews
Chia Seeds
Extra Virgin Olive Oil
Flax Seeds
Hemp Seeds
Nut Butters
Peanuts
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Butter
Sunflower Seeds
Walnuts

Beverages
100% Juice
Coffee (decaf or regular)
Kombucha (fermented beverage)
Tea (decaf or regular)
Water (plain or sparkling)

## foods to stock your pantry

### Psoriatic Disease

It can be uncomfortable, or even painful, to go grocery shopping during a psoriatic disease flare. Instead, when you're feeling well, stock your pantry with healthy foods. Check out the list below so you'll be ready if a flare suddenly hits.

Grains	
Bean-Based Pastas	Polenta
Brown Rice	Popcorn
Old Fashioned Oatmeal	Quinoa
Gluten-Free Products, if gluten intolerant	
Whole Grain Bread	
Whole Grain Crackers	
Whole Grain Pastas	
Whole Grain Breakfast Cereals (Cheerios®, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)	

Protein	
Canned or Dried Beans and Legumes	Raw or Roasted Nuts and Seeds
Nut and Seed Butters	Chicken (cans or pouches)
Salmon (cans or pouches)	Tuna (cans or pouches)

Herbs & Spices (Dried or Powdered)		
Basil	Bay Leaves	Chili Pepper
Cinnamon	Cumin	Garlic Powder
Ginger	Italian Seasoning	Onion
Oregano	Parsley	Rosemary
Sage	Thyme	Turmeric

Fruits
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers, without added sugar
Fruit Cups (packed in 100% juice or water)

Vegetables	
Onions	Potatoes
Canned, Reduced-Sodium Vegetables	

Oils	
Avocado Oil	Extra Virgin Olive Oil
Canola Oil	Grape Seed Oil

Liquids/Beverages
100% Fruit Juice (cherry, cranberry, pomegranate, orange, apple)
Coffee (decaf or regular)
Low-Sodium Vegetable Juice
Low-Sugar Sports Drinks
Shelf-Stable Milk or Milk Alternatives
Stock (Chicken, Vegetable, Beef)
Tea (decaf or regular)
Water (plain or sparkling)

## eat this, not that

### Psoriatic Disease

\* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Canned fruit packed in water</li> <li>• Dried fruit, no sugar added</li> <li>• Fresh fruit</li> <li>• Frozen fruit, no sugar added</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen fruit packed in syrup</li> <li>• Dried fruit with sugar added</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Beans and peas</li> <li>• Dark green vegetables</li> <li>• Red and orange vegetables</li> <li>• Starchy vegetables (corn, white potato, sweet potato, peas)</li> <li>• Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash and zucchini)</li> </ul>	<ul style="list-style-type: none"> <li>• Fried vegetables</li> <li>• Nightshades, if applicable - tomatoes, peppers, eggplant and potatoes</li> </ul>
<b>Grains/Starches</b>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley*</li> <li>• Bean-based pastas</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Oatmeal</li> <li>• Whole grain, high-fiber cereals*</li> <li>• Wheat berries*</li> <li>• Whole grain pasta*</li> <li>• Whole grain bread*</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Sorghum</li> </ul>	<ul style="list-style-type: none"> <li>• White rice</li> <li>• Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta *</li> <li>• Gluten containing foods, if gluten intolerant</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Eggs</li> <li>• Fish</li> <li>• Poultry</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Processed and smoked meats (deli meats, jerky, hotdogs, bacon, sausages and bratwurst)</li> <li>• Fried meats</li> <li>• Tough, high-fat meats</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Low-fat dairy (milk, yogurt, cheese, kefir) ∞</li> <li>• Plant-based milks (almond, cashew, coconut, soy)</li> <li>• Plant-based milk alternative yogurts (almond, soy, coconut)</li> </ul>	<ul style="list-style-type: none"> <li>• Full-fat dairy (cream, half and half, sour cream, ice cream) ∞</li> <li>• Lactose containing foods, if lactose intolerant</li> </ul>
<b>Nuts/Seeds/Oils</b>	<ul style="list-style-type: none"> <li>• Plain, whole nuts</li> <li>• Plain seeds</li> <li>• Extra virgin olive oil</li> <li>• Canola oil</li> <li>• Unrefined coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Salted or sugar-coated nuts and seeds</li> <li>• Peanut oil</li> <li>• Sunflower oil</li> <li>• Soybean oil</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Coffee (decaf or regular)</li> <li>• Kombucha (fermented tea)</li> <li>• Tea (decaf or regular)</li> <li>• Water (plain or sparkling)</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar-sweetened beverages</li> <li>• Alcohol</li> </ul>

## food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being 😊 😐 😞 😭 😘
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Dinner

# Vegetarian Pappardelle with Mushroom Walnut Ragu

**15 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4**  
Servings

 **445 Calories** **17g Fat** **57g Carbs** **17g Protein**



## Ingredients

 **4 Servings**  **40 Mins Total Time**  **Allergens: Nuts, Gluten**

**1/3 Cup Walnuts** 

**16 oz. Baby Bella Mushrooms** 

**2 Tbsp Extra Virgin Olive Oil**

**1 Large Shallot, chopped**

**2 Cloves Garlic, chopped**

**1 Tbsp Tomato Paste**

**1 28 oz. Can Whole Peeled Tomatoes** 

**2 Tsp Italian Seasoning**

**1 Pinch Red Pepper Flake**

**1 8.8 oz. Package Pappardelle Pasta**

**Salt and Pepper, to taste**

**1/4 Cup Parsley, chopped, for garnish**

### Allergen Swap

**Nuts** Try using sunflower seeds or omit nuts.

**Gluten** Swap gluten-free pasta for the traditional pappardelle.

### Nourishment Note



#### **Mushrooms**

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



#### **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.



#### **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.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Chop Walnuts & Mushrooms

Bring a large pot of water to boil. While water is heating, pulse the walnuts in the food processor until finely chopped. Place in a small bowl and set aside. Pulse half the mushrooms (8 oz.) in the food processor until finely chopped. Slice the remaining mushrooms.

### 3. Heat Walnuts, Shallots & Mushrooms

Heat olive oil in Dutch oven over medium-high heat. Add the walnuts, cook, stirring occasionally, until toasted, about 2 minutes. Add the shallots and finely chopped mushrooms. Cook, stirring occasionally, until the moisture has left the mushrooms, about 5 minutes. Season with salt and pepper.

### 4. Cook Mushroom & Shallot Mixture

Cook mushroom and shallot mixture for an additional 2-3 minutes, until mushrooms are browned. Add the sliced mushrooms and garlic and cook until softened.

### 5. Cook Sauce

Stir in the tomato paste and cook for 1 minute. Add the crushed tomatoes and  $\frac{1}{2}$  cup water to the Dutch oven. Break up any large tomatoes with a spoon. Sprinkle in the Italian seasoning and pinch of red pepper flakes. Bring sauce to a simmer. Cook, stirring occasionally, until the sauce slightly thickens, about 10 minutes.

### 6. Cook Pasta, Assemble Dish & Serve

Based on the cooking time of your noodles, add the pasta to boiling water while sauce thickens. Cook according to label directions. Using tongs, transfer the cooked pasta to the sauce. Toss until pasta is well coated. Plate, sprinkle with fresh parsley, serve and enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from:  
January/February 2020 Food Network Magazine

## What You'll Need



Food Processor



Small Bowl



Knife



Cutting Board



Measuring Spoons



Measuring Cup



Dutch Oven



Mixing Spoon



Large Pot



Tongs

### PD Cooking Tips

- Pre-chopped onions can be substituted for shallot. Pre-chopped onions can often be found in the produce section or frozen foods section of the grocery store.
- Purchase pre-chopped garlic.
- Purchase pre-chopped mushrooms.

Side

## Balsamic Lentil Caprese Salad

**10 Mins**  
Prep Time

**25 Mins**  
Cook Time



**6**  
Servings

 **259** Calories **19g** Fat **10g** Carbs **10g** Protein



## Ingredients

 **6** Servings  **35 Mins** Total Time  **Allergens: Dairy**

- 1 Tbsp Canola Oil
- 2 Garlic Cloves, minced
- 1 Cup Green Lentils 
- 3 Cups Water
- 3 Tbsp Balsamic Vinegar
- 1 Tsp Whole Grain Mustard
- 2 Cups Cherry Tomatoes, halved 
- 1 Cup Fresh Mozzarella Pearls
- ½ Cup Fresh Basil, torn or julienned
- ¼ Cup Extra Virgin Olive Oil
- Salt and Pepper, to taste

### Allergen Swap

Dairy Swap mozzarella cheese for a non-dairy cheese or omit cheese.

### Nourishment Note



#### **Lentils**

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 lentils has about 8 grams of fiber, important for digestive health!



#### **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.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Rinse Lentils

Rinse lentils in colander until water runs clear.

### 3. Heat Pan & Cook Garlic

To a medium saucepan, add canola oil and heat over medium-high heat. Add garlic and cook for 1 minute. Add lentils and stir to coat with oil.

### 4. Cook Lentils

Add water, bring to a simmer and cook until lentils are tender, about 20 minutes.

### 5. Add Balsamic & Mustard

When lentils are tender, drain any excess water. Add balsamic vinegar and whole grain mustard and mix thoroughly while lentils are hot. Transfer to a shallow pan to cool.

### 6. Assemble Salad & Serve

Once cooled, add tomatoes, mozzarella pearls and basil. Drizzle with olive oil and season with salt and pepper, to taste. Serve immediately or chill. Enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [lentils.org](https://www.lentils.org)

## What You'll Need



Colander



Medium Saucepan



Spoon



Measuring Cups



Measuring Spoons



Shallow Pan



Knife



Cutting Board

### PD Cooking Tips

- Purchase pre-cooked lentils.
- Top salad with your favorite balsamic vinaigrette instead of making your own dressing.

Breakfast | Snack | Lunch | Dinner

# Breakfast Quesadilla

**10 Mins**  
Prep Time

**3-5 Mins**  
Cook Time

**1**  
Serving

 **471** Calories **23g** Fat **46g** Carbs **23g** Protein

## Ingredients

 **1** Serving  **13-15 Mins** Total Time

 **Allergens:** Eggs, Corn, Dairy

1 Medium Avocado 

2 Eggs 

1 Tsp Extra Virgin Olive Oil

1 Cup Spinach, chopped 

¼ Cup Canned Black Beans, drained and rinsed 

⅛ Cup Sharp Cheddar Cheese, shredded

Salt and Pepper, to taste

2 Corn Tortillas

### Allergen Swap

**Eggs** Replace the eggs with tofu or omit the eggs.

**Corn** Replace the corn tortillas with flour tortillas.

**Dairy** Replace the cheddar cheese with a dairy-free version.



### Nourishment Note



#### **Spinach**

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



#### **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.



#### **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.



#### **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.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Mash Avocado

Mash the avocado in a small bowl using a fork. Add salt and pepper to taste. Set aside.

### 3. Scramble Eggs

Scramble the eggs in a small bowl using a fork.

### 4. Cook Spinach, Eggs & Beans

Heat 1 teaspoon of olive oil in a medium-sized skillet. Add the spinach and cook, until wilted about 1-2 minutes. Pour in the eggs and cook on a medium-low setting. Add the black beans and continue cooking until the mixture is set, about 1-3 minutes. Transfer the eggs to a bowl.

### 5. Prepare the Quesadilla

In a large skillet, warm two tortillas over medium-high heat. Sprinkle 2 tablespoons of cheese on one tortilla, then add the eggs on top. Sprinkle the other 2 tablespoons of cheese on top of the eggs and place the tortilla on top. Using the spatula, gently press the quesadilla together.

### 6. Cook the Quesadilla

Cook the quesadilla for 1 minute, then flip using the spatula. Cook for another 1-2 minutes, or until the tortilla appears lightly brown and crispy.

### 7. Cut & Serve

Cut into triangles and serve with 2 tablespoons mashed avocado.

### 8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Can Opener



Colander



Measuring Cups



Measuring Spoons



Cutting Board



Knife



(2) Medium-Sized Skillets



Spatula



(2) Forks



(2) Small Bowls

### PD Cooking Tips

- Ask a friend or family member to help prepare this dish when energy levels are low.
- If available, use an immersion blender to mash the avocado. It can also be used to whisk the eggs together.
- A pizza cutter can be used to cut the quesadilla into triangles.

Breakfast | Snack

# Cherry Limeade Smoothie

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

 **123 Calories** **1g Fat** **26g Carbs** **2g Protein**



## Ingredients

 **2 Servings** • **1 Cup** Serving Size  **5 Mins** Total Time  **Allergens: Nuts**

**1** Medium-Sized Ripe Peach, sliced ( $\frac{3}{4}$  cup frozen peaches may also be used)

**1** (heaping) Cup Unsweetened Frozen Cherries 

$\frac{3}{4}$  Cup Unsweetened Vanilla Almond Milk

**1** Lime, juiced

Ice (if needed)

### Optional Ingredients

Protein Powder

Chia Seeds

Ground Flax Seeds

Spinach

### Allergen Swap

**Nuts** Replace almond milk with water or cow's milk, or a nut-free milk alternative

### Nourishment Note



#### **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.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

Add all ingredients to blender and blend until smooth.

Taste and adjust ingredients as needed.

### 3. Serve & Enjoy!

Pour into a glass and enjoy!

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from [minimalistbaker.com](https://minimalistbaker.com)

## What You'll Need



Knife



Cutting Board



Measuring Cups



Blender

### PD Cooking Tips

- Use frozen, pre-sliced peaches.
- When you're feeling your best, try prepping the non-liquid ingredients into freezer bags and freeze to save time for days when energy is low.