

FOODS FOR YOUR HEALTH

While no specific diet will cure psoriatic arthritis, an anti-inflammatory diet may help with your symptoms. Avoiding foods that trigger inflammation can help benefit your health. Talk to your doctor before making any changes to your diet.

DESIGN YOUR DIET

Many foods can reduce inflammation, so you have options—but there are some foods that are best to avoid. Check out your choices here:

Foods to consider:

Fish

Beans

Fruits

- Avocados
- Blueberries
- Raspberries
- Cherries
- Blackberries

Whole grains

Vegetables

- Kale
- Spinach
- Broccoli

Nuts and seeds

- Walnuts
- Almonds

Foods you may want to avoid:

Red meat

Processed foods

Added sugars

Added salt

Alcohol

Processed carbs

- White pasta
- White bread
- Baked goods

These foods can cause inflammation, which may increase symptoms.

Keeping your plate colorful will provide a range of nutrients.

Try out some of these meal ideas:



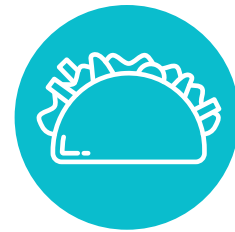
Breakfast

Smoothie bowl or spiced oatmeal with berries



Lunch

Salad with quinoa and vegetables or lentil soup



Dinner

Grilled fish tacos or stuffed portobello mushrooms

Fresh, simple ingredients are always best.

MEAL PLANNER

Print this page and use the space below to plan your meals.
Start making an impact on your health one meal at a time.

Day: _____

Breakfast

Lunch

Dinner

Notes

Print this page as many times as you want, to keep planning meals.