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## Nutritional Aspects of Psoriasis Management

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### ABSTRACT


Psoriasis is a chronic inflammatory skin disease. Immunological, genetic, and environmental factors, including diet, play a part in the pathogenesis of psoriasis.

Nutrition influences the development and progress of psoriasis and its co-morbidities. Psoriasis patients often show unbalanced dietary habits such as higher intake of fat and lower intake of fish or dietary fibers. These dietary habits are observed with the incidence and severity of psoriasis. The components of Metabolic syndrome are frequent co-morbidities in persons with psoriasis. Psoriasis patients are also associated with dysbiosis of gut microbiota and the deficiency of vitamin D or selenium.

A change of eating habits has shown improvement in the quality of life of patients by relieving skin lesions and by reducing the risk of other diseases. A low-energy diet is recommended for patients with excess body weight. Persons suffering from psoriasis should reduce the intake of saturated fatty acids replacing them with polyunsaturated fatty acids from the omega-3 family, which exerts an anti-inflammatory effect. The introduction of antioxidants such as vitamin A, vitamin B12, vitamin C, vitamin E, carotenoids, flavonoids, and selenium is extremely important for a better psoriasis management. Vitamin D supplementation is also recommended.

The purpose of this paper is to discuss update information regarding the regulatory effects of nutrients and their nutritional recommendations for persons with psoriasis.

**Keywords:** psoriasis; nutrition; obesity; vit D; omega 3 FA; antioxidants

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