

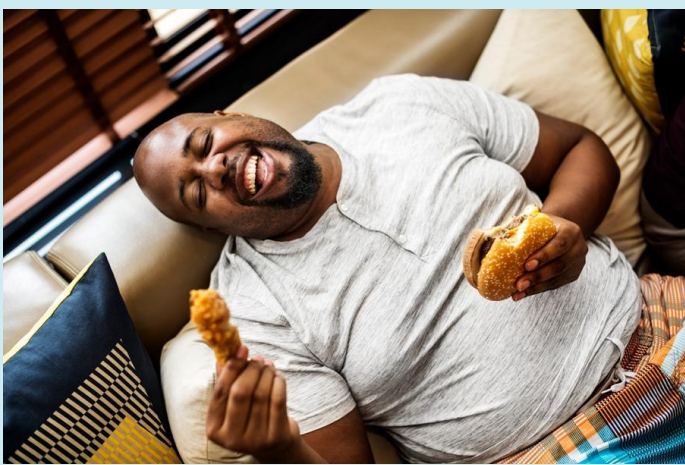
# Food Can Trigger Psoriasis

## Psoriasis Care Month

### RED MEAT

Contains a polyunsaturated fatty acid called arachidonic acid that may play a role in psoriatic lesions

**Consider  
Reducing  
or Avoiding**



### PROCESSED FOODS

Can contain high amounts of saturated and/or trans fats with refined sugar

**Consider  
Avoiding**



### REFINED SUGAR

Can increase inflammation and possibly impairing the positive effects of Anti-inflammatory foods or supplements

**Consider  
Reducing  
or Avoiding**



### DAIRY PRODUCTS

Contains arachidonic acid and casein (protein) that may play a role in psoriatic lesions and inflammation

**Consider  
Reducing  
or Avoiding**

**Reduce Stress**



**Exercise**