



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Dr.Bejano diet for people with psoriasis



Strictly avoid the following foods

Tomatoes and all its derivatives such as ketchup, pizza sauce...etc.

Tobacco



Eggplant



White Potatoes



Pepper (except black pepper)



Bell pepper



When eating salad, do not use salad dressing, except for:

- Lemonade
- olive oil
- Low fat yogurt
- Avoid ready-made salad mixes



Allowed meat:

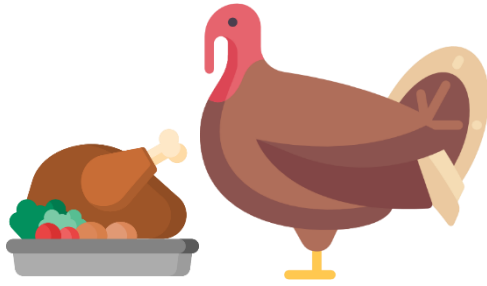
- Fish (especially salmon, sardines, albacore, mackerel, herring) the birds
- Of the red meat, only lamb with the grease removed from it is allowed.

This meat can be cooked, boiled, or grilled, but it should not be fried

It is desirable that this meat be fresh, but it is okay if it is frozen.



Avoid crusty fish such as crab, lobster and shrimp.



Poultry meat

- All types of birds such as [chicken](#) and [turkey](#) can be eaten, but [duck](#) and goose meat should be avoided due to its high level.
- These birds can be cooked in any form except frying, and the skin must be removed before eating them.
- It should also refrain from creamy sauces when cooking and not to overdo it with spices.



Note: All meat must be cooked well and should be avoided raw or half-cooked, i.e. it must be made sure of its maturity before eating it.

All types of red meat should be avoided except lamb.

Meats to avoid:

Beef



veal



pork



sausage



hamburger



- Cold meats like mortadella and salami
- Organ meats such as liver, kidneys, brain, etc.

When eating lamb, it is not recommended to eat large amounts of rice, legumes, bread or corn with it.

Milk and Dairy

It can be eaten in moderation and without excessive to be low-fat or fat-free, and also low-salt.



As for those who complain of joint disease or some side effects as a result of eating dairy or its derivatives, such as diarrhea, constipation, joint pain, swelling of the hands, ankles and feet,



It is better to leave these products and replace them with other sources of calcium such as tofu, dried figs, raisins, dates, Celery, lettuce, turnip, sesame seeds.



- Yellow, orange, full-fat, smoked, or highly salty cheeses.
- Fatty dairy products such as cream, cream and ice cream.
- Salted butter, artificial butter, and margarine.
- Fried eggs.
- Sweetening milk or any of its suspensions with sugar, artificial sweeteners, or chocolate powder.
- Eating dairy and its derivatives with citrus fruits or juices, or cooked or dried fruits.



Note: If you are allergic to dairy or its derivatives, you should stay away from consuming it in any way.



Grains



- **Avoid** eating white bread or any products made with white flour.
- **Avoid** eating cereals with citrus fruits or juices in the same meal.
- There is no objection to eating whole wheat bread.
- Various types of cereals can be eaten in moderation and without excess.
- The best kind of grain to eat is **millet**.
- The grains allowed to be eaten are: **oats, barley, millet, buckwheat, rye, bulgur, bran, wheat, corn, rice** and preferably **wild brown rice, pumpkin seeds, sesame, flaxseed, sunflower seeds**.



Note: To get the maximum benefit from the nutritional value of these grains, it is recommended to soak them in water for **24 hours** before eating them.



You should not eat cereals if there is a problem in the digestive system, especially diverticular disease in the colon, or if you are allergic to these products.



Sweets

It is very important to **avoid** all sweets sweetened with **sugar** and **fat**.

Sweets can be **replaced** by eating fruits. Fruits can be fresh, dried or cooked.



You can use natural **honey** to sweeten instead of sugar.

Remember, you should not increase the allowed sweets and eat them in moderation and without excessive.

It is best to **avoid** artificial sweeteners such as aspartame and saccharin.



Drinks

Water: 6-8 glasses of pure water should be taken daily.

It is advisable to drink a glass of water half an hour before meals, or even when feeling hungry at times outside the main meal times.

If drinking water alone is boring, you can add [a little lemon](#) juice to it.

You can drink fresh fruit and vegetable juices that [are not sweetened](#), but if you have allergies, avoid those allergens.



Avoid juices canned in metal cans, and there is no objection to those canned in glass or paper cartons, but remember that there is nothing better than fresh juices squeezed at home

Permitted juices:

- Orange juice, and a little lemon can be added with it.
- Grape juice, pineapple, pear, papaya, mango, and apricot, and these juices can be mixed together.
- vegetable juices can be drunk except juices that containing tomatoes.



The rule of moderation should be remembered in eating juices, is not drinking excessively.



Coffee

For those who used to drink coffee, it is better **not** to drink more than 3 cups of coffee per day, provided that it is **caffeine-free** and that no sugar, milk or cream is added to it. As for those who are not accustomed to drinking coffee, it is better not to get used to drinking it, but to continue to avoid it is the best.



Herbal tea

You can take yellow American saffron tea, and this is different from local saffron

- Slippery elm bark powder elm tea (not suitable for pregnant women)
- Chamomile tea
- Mullein bear's ear tea
- Watermelon seed tea



Milk and dairy

Low-fat or fat-free milk can be drunk, and full-fat products should be avoided.

Also, dairy products should be low-fat or fat-free.

Soy milk can be drunk.



Soft drinks

Soft drinks of all kinds are like toxins on the body and must be completely and categorically avoided.



Alcoholic drinks

Strictly abstain from all alcoholic beverages, including beer containing a little alcohol.



Notes

- You should not eat large quantities of food, even if it is from the list of foods that are allowed to be eaten, it must always be in moderation and not excessive.
- The diet must be strictly adhered to in order for the skin to heal.
- Losing some extra weight is expected and required when following the diet.
- It must be 80% of what you eat from the category of vegetables, fruits and juices, and 20% of what you eat from the category of meat, grains, dairy and their derivatives.

How to prepare herbal tea:



Saffron tea: Add a cup of boiling water to a little yellow American saffron tea, then wait **15-30 minutes** before drinking it. The best time to drink it is at night before going to sleep. And can take more than one cup a day.

Elm tea: Add a quarter of a teaspoon of elm tea to a cup of warm water and leave it for no more than **15 minutes** before eating it. If more than that is left, it will rot and become unfit for drinking. The best time to drink this tea is in the early morning and half an hour before breakfast.

Chamomile tea: is prepared in the same way as saffron tea.

Watermelon seed tea: 2 tablespoons of tea to half a liter of water, boil for 5 minutes, then leave until cool and drink. 3-4 cups of this tea can be taken every day.

This tea can be used as a substitute for saffron tea.

Sources and references:

All images Flaticon copyright

Review and audit:

The content of this booklet has been reviewed by consultant dermatologists at King Fahd University Hospital.

Health Awareness Unit

IAU-20-101



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University