

Reprinted from **Glow: The Dermatologist's Guide to a Whole Foods Younger Skin Diet** ©Rajani Katta MD

Summary of Skin Conditions and Food Triggers

*Children are at higher risk for nutritional deficiencies. Always speak to your pediatrician before eliminating foods

Skin Condition	Potential food triggers	Recommended tests
Acne	<ul style="list-style-type: none">• Sugar and refined carbohydrates• Role of dairy and whey protein varies	<ul style="list-style-type: none">• 12-week diet change
Aging Skin	<ul style="list-style-type: none">• Sugar, refined carbohydrates• Fried foods• Meats grilled at high temperatures• Trans fats	
Eczema and atopic dermatitis	Type 1 Hypersensitivity Reactions: Eggs, milk, wheat, soy, seafood, and nuts	<ul style="list-style-type: none">• Skin prick tests or blood tests• Confirm with physician-supervised food challenge
	Delayed eczematous reactions: Eggs, milk, wheat, soy, seafood, and nuts	<ul style="list-style-type: none">• Food diary• Confirm with physician-supervised food challenge
	Systemic contact dermatitis: Foods related to balsam of Peru, foods high in nickel, processed foods containing propylene glycol	<ul style="list-style-type: none">• Food diary• Confirm with patch testing

Skin Condition	Potential food triggers	Recommended Tests
Rosacea	<ul style="list-style-type: none"> • Alcohol • Heat related: coffee, tea • Capsaicin-related: peppers, spicy foods • Cinnamaldehyde-related: tomatoes, citrus, chocolate, cinnamon 	<ul style="list-style-type: none"> • Food diary • 6-week avoidance diet
Psoriasis	<ul style="list-style-type: none"> • Pro-inflammatory foods (sugar, refined carbs, unhealthy fats) may increase risk of associated systemic diseases 	
	<ul style="list-style-type: none"> • Gluten may act as a food trigger in a small percentage of psoriasis patients 	<ul style="list-style-type: none"> • Blood tests for gluten antibodies • Evaluation by GI doctor, esp for those with GI symptoms

*As in other areas, everyone is different, and the research in these areas is evolving. Your dermatologic and medical history will always impact dietary recommendations