

Dietary & foods

@2000, Derm Facts

actinic keratoses	low fat diet
atopic dermatitis	avoid: cow's milk, eggs, fish, peanuts, soy products, wheat
5-hydroxy-indoleacetic acid (5HIAA) excretion, urinary	avocado, bananas, eggplant, red plum, tomatoes, walnut
biotin deficiency	alopecia, intertriginous dermatitis, periorificial dermatitis, xerosis
cobalamin (B12) deficiency	angular cheilitis, beefy red tongue, hyperpigmentation (generalized), hyperpigmented macules, poliosis
carcinoid s., precipitated by	avocados, cheese, chocolate, eating, eggplant, EtOH, hot beverages/foods, red plums, tomatoes, walnuts
cobalt, diet low in	avoid; apricots, beans, beer, beets, cabbage, chocolate, cloves, cocoa, coffee, flour (whole grain), liver, nuts, scallops, tea
copper deficiency	facial abnormalities, light hair, Menkes' s., pili torti
elementary diet	essential and nonessential amino acids and simple sugars, electrolytes, trace elements & vitamins; dermatitis herpetiformis (gluten sensitive enteropathy)
elimination diet (add back one food item per day)	Avoid: dairy products, wheat, egg chocolate, cola drinks, nuts, seeds, shellfish, corn, tomato, strawberries, citrus fruits, packaged & prepared meats, dried fruits, sugar substitutes, herbs, spices Eat: fresh & frozen vegetables & fruits, fresh meat, poultry, fish baked or broiled (not breaded), water, tea, salt, sugar, fresh lemon
essential fatty acid deficiency	alopecia, increased transepidermal water loss, intertriginous erosions, xerotic dermatitis
flushing	capsaicin (in red pepper), cheese, chocolate, <i>Coprinus</i> mushrooms, dumping s., hot beverages, lemon, monosodium glutamate, nitrites, sodium nitrite (cured meats), sulfites, spiced foods, spoiled fish, spoiled cheese
histamine elimination diet	avoid: beefsteak, cheese, chicken liver, eggplant, red wine, spinach, tomatoes
iron deficiency	alopecia, light hair, koilonychia
Kwashiorkor	crazy paving dermatosis, enamel paint spits, flag sign, flaky paint, hypopigmentation, peripheral edema, xerosis
marasmus	brittle hair, monkey facies, wrinkled skin, xerosis
niacin (P-P) deficiency	angular stomatitis, cheilosis, Casal's necklace, sores (oral, perirectal), symmetric hyperpigmented plaques (sun-exposed)
nickel reduction diet	avoid: shellfish, chocolate milk, beans, kale, leeks, lettuce, lentils, peas, soy protein powder (in prepared meats, soups, bouillon), spinach, sprouts, bran, buckwheat, millet, muesli, multi-grain breads, oat meal, rice (unpolished), rye bran, sesame seeds, wheat bran, cereals, bran biscuits, dates, figs, pineapple, prunes, raspberries, chocolate and cocoa, bottled tea, almonds, baking powder, nuts, licorice, marzipan eat: alcohol, asparagus, bananas, beets, berries (except raspberries), broccoli, Brussels sprouts, butter, carbonated beverages, cabbage, cauliflower, cheese, Chinese cabbage, coffee & tea (weak), corn, corn flakes, cornmeal, cornstarch, cucumber, dill, eggplant, eggs, fish, garlic, macaroni, margarine, meat (fresh), mushrooms, onions, parsley, peaches, pears, peppers, popcorn, potatoes, poultry, raisins, rhubarb, rice (polished), spaghetti, wheat flour, whole grain rye & wheat bread, yeast, yogurt
pyridoxine (B6) deficiency	angular stomatitis, cheilosis, glossitis, oral erosions, pellagra-like dermatitis, seborrhea-like dermatitis
riboflavin (B2) deficiency	angular stomatitis, cheilosis, magenta glossitis, scrotal dermatitis, seborrhea-like dermatitis
selenium deficiency	hypopigmentation (generalized), white nails
thiamin (B1) deficiency	edema

urticaria, contact	apricot pit, apple, bean, beer, buckwheat flour, caraway seed, carrot, egg, endive, fish, flour, garlic, kiwi, lettuce, litchi, maize, mango, meat (chicken, lamb, turkey, beef, liver, pork), milk, mustard, peach, peanut, pickle (cucumber), potato, rice, salami casing (mold), shellfish, soybean, spices, strawberry, tomato, watermelon
vitamin A (retinol) deficiency	phrynoderma, xerosis
vitamin C (ascorbic acid) deficiency	corkscrew hairs, follicular hyperkeratosis, friable gums, hemorrhage, poor wound healing, splinter hemorrhages (fingernail) AKA scurvy
vitamin E (tocopherol) deficiency	jaundice, phrynoderma
vitamin K deficiency	intracutaneous hemorrhage, purpura
zinc deficiency	acral & periorificial pustulo-bullous dermatitis, alopecia, angular stomatitis, glossitis, pustular paronychia