

Foods Associated with Eczema Flare-ups

Foods that can be associated with flare-ups in some individuals include:

- Eggs
- Peanuts
- Dairy (cheese, milk, yogurt)
- Seafood (fish, shrimp, crabs and shellfish e.g. mussels)
- Soy products (tofu, soymilk, miso)
- Wheat
- Corn/Maize (check for corn syrup in food labels)
- Citrus fruits (orange, tangerine, mandarin)
- Tomato (Tomato sauce, pizza, ketchup etc)
- Eggplant
- Potato
- Peppers (Bell, Green, Red, Paprika, Chilly)
- Chocolate
- Alcohol
- Food coloring
- Hot spices

Ask your nutritionist and doctor on how to properly begin an elimination diet program to help you identify the foods that may or may not contribute to your type of eczema.

River Clinic for Natural Dermatology & Cosmetic Wellness

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