

Foods Associated with Facial Flushing, Redness and Rosacea

There is much evidence that rosacea is associated with gastritis, which means inflammation of your stomach lining. Most people call it heartburn or indigestion. Don't allow yourself to feel hungry (or skip meals). Don't eat until you're past full or have too many small meals. These eating habits increase stomach acid production as well as facial flushing. The following are foods that fellow rosaceans have found to trigger flushing or are associated with indigestion.

- Hot (temperature) foods and beverage
- Spicy foods (white pepper, red pepper, black pepper, paprika, cayenne, onions, garlic, chives, ginger, cinnamon, and cloves)
- Sweets: including sugar replacements such as Aspartame and NutraSweet
- Nitrates (common in cured meats)
- Coffee (regular and decaf), caffeinated foods e.g. colas, cocoa, chocolate, tea
- Alcohol
- Vinegars (include ketchup, mustard, dressing and vinegar prepared foods)
- MSG (monosodium glutamate aka Chinese Restaurant Syndrome).
- Sulphites (found in desserts, fried and frozen vegetables, dried fruits, Chinese herbs that have not been lab-tested)
- Dairy: cheese, yogurt, sour cream
- Beef, Lamb & Liver
- Seafood: shrimp, lobster, crabs, oyster, mussel, clams
- Citrus fruits & related juices
- Tomatoes
- Bananas
- Grapes & Raisins
- Chocolate
- Soy sauce
- Avocados
- Beans e.g. lima, navy
- Preservatives
- Eggplant/Aubergine
- Red plums
- Figs
- Vanilla
- Yeast extract
- Spinach
- Peas
- Food colorings

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 rosacea.

River Clinic for Natural Dermatology & Cosmetic Wellness

www.riverclinic.ca
905-513-6888