
SPECIFICATIONS OF NUTRITION WITH HEALTHY AND PATHOLOGICAL CONDITIONS OF PSORIASIS

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Psoriasis is a long-lasting autoimmune disease characterized by patches of abnormal skin. 183 participants in the experiment were selected for the study, half of which are with psoriasis disease. All participants in the study passed the EPIC-Norfolk Food Frequency Questionnaire, which was completed once and included a diet over the past week. The aim of the study was to identify the intakes of different nutrients in two groups by age. After questionnaire FET tool was used to analyze all answers (<http://www.srl.cam.ac.uk/epic/epicffq/>). The output was the results for all nutrients and macro and microelements that are in the food. Significant differences in patients were in eight nutrients, namely: betacarotene, carotene, fructose, potassium, potatoes, fruits, nuts and seeds, and vegetables. All differences are in favor of healthy patients. Patients with psoriasis had a diet with low intake of fruits and vegetables which brought to the deficiency in some nutrients and vitamins. The used tool for converting food frequency questionnaire data into nutrient and food group values can be used widely for different study populations.