

Foods Associated with Acne Breakouts

Foods that are often associated with acne breakouts:

- Snacks (chips, cookies, crackers)
- Sweets (candies, chocolate, desserts, cakes)
- Dairy (cheese, milk, yogurt)
- Hot spices
- Nuts (worse if they are roasted and salted)
- Seafood (fish, shrimp, crabs and shellfish e.g. mussels)
- Tomato (tomato sauce, pasta sauce, pizza, ketchup etc)
- Caffeine
- Alcohol
- Saturated fats (Butter)
- Hydrogenated fats (Margarine)
- Red meat

Foods Associated with Acne Prevention

- Omega-3 (wild caught salmon, flax seed oils)
- Fiber (kale, spinach, broccoli, Chinese broccoli)
- Beta-carotene (carrots, yams, apricot, green leafy vegetables)
- Vitamin C (papaya, strawberries, orange, grapefruit)
- Vitamin E (seeds, grains)
- Zinc (zinc fortified cereals, dark meat turkey, beans)
- Water (8 glasses/day. Only warm or room temperature. No cold or icy beverage)

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 acne

River Clinic for Natural Dermatology & Cosmetic Wellness

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