

Food and Supplements That Can Affect Acne

Foods

This is a guideline only. We are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “May Aggravate Acne-Prone Skin” group has been a problem for many people who experience acne. We also know that some people have trigger foods such as citrus, but this is not across the board.

MAY AGGRAVATE ACNE-PRONE SKIN	POTENTIAL SUBSTITUTE
Iodides: Iodides irritate the pore and may cause acne flare-ups	
Iodized salt	Sea salt, uniodized salt, celtic salt, himalayan salt
Milk (including organic and especially nonfat)	Almond milk, coconut milk, rice milk, oat milk
Cheese	Nut cheese
Whey or soy protein shakes and protein bars, creatine	Pea protein, egg white powder, hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein and Perfect Fit are a few safe ones.)
Soy products: tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, shellfish: cod, scallops	Fresh water fish: lake trout, bass, catfish
Spirulina, chlorella, blue-green algae	
Kelp, miso soup, seaweed, seaweed supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid biotin and B12)	
High Androgen: Foods high in androgens may contribute to increased sebum	
Peanuts, peanut butter	Almond butter or other nut butters
Peanut oil, corn oil, canola oil	Olive oil, coconut oil
Shellfish	
Organ meats including pate	

Useful Supplements

- Zinc is a mineral involved in skin health and collagen synthesis
- Vitamin A is a go-to nutrient for skin health
- DIM (Diindolylmethane)- DIM works by reducing androgen production that contributes to acne (making it an especially helpful supplement for PCOS).
- Vitamin D -is so vital for immune health,
- Taking probiotics adds targeted strains of healthy bacteria to help rebalance the gut and quiet inflammation that contributes to skin and hormone imbalances.
- Magnesium is not a typical supplement for acne, but I use it regularly as part of a hormone-balancing plan because it promotes stress relief and is involved in the metabolism of our hormones.
- Vitamin E- has antioxidant and anti-inflammatory properties that could help the skin.
- B vitamin -has a job, but as a group, they contribute to hormone balance and cellular health
- Vitamin C -is a powerful antioxidant that can help reduce the inflammation that contributes to acne breakouts.

Foods More Often Associated With Exacerbating Acne & Inflammation

- Trans Fats
 - Cakes, pies and cookies
 - Margarine (stick and tub)
 - Cream-filled candies
- Biscuits
- Crackers
- Doughnuts
- Breakfast sandwiches
- Microwave popcorn

Supportive Foods/Beverages

- Ceylon cinnamon
- Apple cider vinegar
- Green tea, especially matcha

Antioxidant “Helper”- Selenium Rich Foods

- Brazil nuts
- Pinto beans
- Halibut
- Wild-caught salmon
- Oats
- Navy beans
- Chicken
- Spinach

Foods/Beverages That May Provide Anti-Inflammatory Support

GENERAL

- Turmeric
- Ginger
- Green tea (especially matcha)
- Ceylon cinnamon
- Apple cider vinegar

FOODS HIGH IN OMEGA-3

- Fatty fish
- Salmon
- Sardines
- Atlantic mackerel
- Anchovies
- Herring
- White fish
- Omega-3 enriched eggs
- Walnuts
- Deep leafy greens: spinach, kale, watercress

FOODS HIGH IN VITAMIN B3

- Cremini mushrooms
- Tuna
- Chicken breast
- Fish (halibut, salmon, sardines)
- Leafy greens
- Asparagus

A well-balanced low-glycemic diet can support all aspects of health, including your skin.