

Foods and Supplement Choices that Affect Acne



THIS IS A GUIDELINE ONLY – we suggest you cut back and moderate some food types that are high in iodine. The “Reduce or Eliminate” group has been proven to be a problem for most acne sufferers. We also know that some people have trigger foods such

REDUCE OR ELIMINATE	ACCEPTABLE SUBSTITUTE
Iodides	
Iodized Salt, Garlic Salt	Sea Salt, Non-Iodized Salt, Celtic Salt
Cow’s Milk (including organic and especially nonfat), Yogurt, Ice Cream, Cream Cheese, Creamer, Half-n-Half	Almond Milk, Coconut Milk, Rice Milk, Hemp Milk, Oat Milk, Coconut Ice Cream, Non-dairy creamer (NO SOY MILK)
Cheese (on its own or on sandwiches, pizza, etc)	Goat Cheese, Sheep Cheese, Non-dairy cheese (Daiya brand or nut cheeses)
Whey or Soy Protein Shakes and Protein Bars	Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein & Perfect Fit are a few safe ones.)
Soy – tofu, soy milk, tempe, edamame, vegan meat substitutes (is Boca Burgers, etc)	
Seafood (Cod, Scallops, Salmon, Sardines, Canned Tuna and Fish Sticks), Shellfish	Fresh Water Fish – lake trout, bass, catfish
Spirulina, Chlorella, Blue-Green Algae, “Green” Healthy Food Drink Powders	
Kelp, Dulse, Miso Soup, Seaweed, Seaweed Supplements	
Vitamins with iodides, iodine, kelp, potassium iodide and Biotin- found in Multivitamins, Hair Skin and Nails supplements and B-Complex. Maca Powder EstroBlock	Vitamedica Healthy Skin, Clove Hill Multi for Acne Prone Skin
Foods High in B7	
Egg Yolks	Egg Whites
Foods High in Androgens	
Peanut Butter	Almond Butter or other nut butters without Canola Oil
Peanut Oil, Corn Oil, Canola Oil	Olive Oil, Butter, Coconut Oil

OTHER ITEMS TO MINIMIZE:

SUGAR (COOKIES, CAKES, SODA, FRUIT JUICE, ICE CREAM, CANDY, WHITE BREAD AND PASTA
NON-ORGANIC MEAT (FREE RANGE LEAN MEAT PRODUCTS ARE THE BEST)

SUPPLEMENTS

The following supplements have been found to be useful in aiding your recovery from acne. Your esthetician may make recommendations based on the type of acne you have.

ZINC MONOMETHIONINE

The most bioavailable form of zinc that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body; and supplementing with zinc has been shown to reduce severity of cysts and inflamed lesions.

VITAMIN A

Also known as the “Natural Accutane” is an antioxidant that aids in the shedding of skin cells. Vitamin A helps prevent acne by ensuring your pores stay clear and free of excess cells that clog the pores and cause a breakout. Additionally, the antioxidant properties act as an anti-inflammatory for the skin, reducing redness and swelling.

PROBIOTICS

Good bacteria that colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.