How To Avoid Skin Problems With A Good Diet

ACNE WRINKLES DRY SKIN/ECZEMA CELLULITE SUN PROTECTION

Goal

Low-glycemic Build collagen Eat Omega 3s Get rid of toxins Decrease sensitivity

Diet Vitamin C and E “Good” oils Take Vitamin C,

 Antioxidants Potassium, Dark red

 or purple foods Carotenoids

 Vitamin E

Eat

Whole grains Strawberries Salmon Cranberries Carrots

Salmon/Fish Broccoli Sardines Blueberries Almonds

Spinach Red peppers Green veggies Blackberries Sunflower Seeds

Lettuce Edamame Coconut oil Cherries Dark green Vegetables

Vegetables (Soy is anti- Olive oil Radicchio lettuce Tomatoes

Almond milk inflammatory) Water Eggplant Apples

Olive oil Olive oil Olive oil

 Onions

 Garlic

Avoid

Milk Milk, Dairy Milk Canola oil Milk

Sugar Eggs “Bad” Fats

 Salt

Dairy