

# 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
<b>Iodides</b>	
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
<b>Foods High in B7</b>	
Egg Yolks	Egg Whites
<b>Foods High in Androgens</b>	
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.