



## Feed Your Skin

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When we think of acne, we typically think of teenagers and raging hormones. However, there has been an upsurge of adult acne over the last 50 years. Why, you ask? Well, one probable cause is changes to our food supply and dietary habits.

Nutritional voids and dietary excess can have a significant impact on the degree of acne a person experiences. Research has proven time and time again that there are strong causal connections between certain kinds of food and acne. Inflammation, oxidative stress, hormonal imbalance and spikes in blood sugar fan the flames of acne. Some foods promote these processes while others suppress and regulate them.

### The Clear Skin Diet

*The Clear Skin Diet* by Drs. Logan and Treloar summarizes current research on acne and ways to protect the skin through diet and lifestyle. The 4 main principles of the Clear Skin Diet are sleep, relaxation response, exercise and diet.

## Clear Skin Diet Action Plan



### Sleep

Allow 7-8 hours of uninterrupted sleep nightly  
Unwind 30-45 minutes before sleep- consider a bedtime ritual like a warm bath  
Avoid large meals and lots of fluids before bed  
Exercise during the day or early evening



### Relaxation Response

Organize and prioritize  
Manage your time  
Let go of perfectionism and be assertive  
Laugh and love every day



### Exercise

Do something intentional for 10-40 minutes once or twice a day  
Be active whenever possible- consider "exercise snacks" throughout the day  
Include aerobic and resistance training as well as flexibility exercises  
Work with a professional to get started, if needed



### Diet

Keep your blood sugar and insulin levels balanced- No Naked Carbs!  
Eat nutrient-dense meals and strategic snacks every 3-4 hours  
Avoid unhealthy processed, sugary foods  
Be mindful of your eating experience; enjoy foods and your dining companions

Source: Logan, Alan & Treloar, Valori, *The Clear Skin Diet*, 2007.



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## Acne-Friendly Foods

Michael Pollan pretty much hit the nail on the head with his advice to: “Eat Food. Not too much. Mostly plants.” If you can follow this mantra, you’ll be well on your way to consuming an acne-friendly diet. To help lessen the severity of acne, incorporate the following foods into your diet:

- **Produce:** aim for a minimum of 5 servings of deeply colored fruits and vegetables daily. Studies show acne patients are less frequent consumers of antioxidant, anti-inflammatory fruits and vegetables. More color equals more antioxidants, phytonutrients, vitamins and minerals- all of which help fight inflammation and, in turn, acne!
- **Protein:** choose fish (especially oily wild caught and small fish), lean meat and poultry (preferably grass-fed or free range; consider limiting red meat to once a week), eggs (from free range, cage-free chickens which produce eggs with higher omega-3 content), and soy in moderation (choose non-GMO products).
- **Carbohydrates:** opt for whole grains like quinoa, bulgar, barley or brown rice. Breads and pastas should be limited and enjoyed in their whole grain form.
- **Fats/Oil:** reach for extra virgin olive oil, canola oil or omega-3 rich oils like flaxseed or walnut.
- **Herbs and Spices:** try adding ginger, turmeric and cinnamon to your recipes.
- **Nuts:** experiment with different types and be cautious of potential allergies, exacerbation of acne and indigestibility. This is very individualized. Some nuts may actually cause breakouts while others have no effect. Also consider the way nuts are prepared. For example, peanuts in their natural shell may be okay while prepackaged versions fried in vegetable oils may be a problem.
- **Beverages:** green tea (the real thing, not the sugar laden, ready-to-drink bottled varieties), tomato juice, 100% vegetable juices and water.

Visit this [blog post](#) for a **Clear Skin Diet Foods List** with suggested foods to include, limit and exclude as well as a shopping list. Experiment with a wide variety of foods! You may find that certain foods on the okay list are absolute acne aggravators for you and need to be moved to the Foods to Exclude category.

## Bottom Line

For clearer skin, try:

- Less processed foods
- More colorful antioxidants
- Greater intake of omega-3 fatty acids
- Increased consumption of fiber
- More lower glycemic foods that won’t spike blood sugars.