

Clear Skin Diet Food List

Foods to Include

Produce

- Minimum of 5 servings per day
- Eat the colors of the rainbow
- Choose a variety of deep colors daily

Protein

- Fish, especially oily wild caught and small (sardines, anchovies) fish
- Lean meat and poultry, especially grass-fed or free range
- Eggs, especially free range, cage-free
- Soy, in moderation and from non-GMO soy beans

Carbohydrates

- Whole grains: brown rice, quinoa, buckwheat, bulgar, barley, etc
- Limit intake of breads and pastas

Fats/Oils

- Extra virgin olive oil, canola oil, omega-3 rich oils (flaxseed, walnut)

Herbs & Spices

- Ginger, turmeric, cinnamon

Nuts

- Experiment with different varieties
- Digestibility and impact on acne varies from person to person

Beverages

- Green tea, 100% vegetable juices

Foods to Limit

Produce

- Use caution with fruit that is dense in sugar like watermelon and dried fruit that can spike blood sugars
- Use caution with starchy vegetables, especially if skin has been removed

Protein

- Fish with high mercury content (mackerel, some tuna, swordfish) and environmental toxins
- Processed meats and cheese

Carbohydrates

- High glycemic choices (concentrated in sugar and low in fiber)
- White rice, mashed potatoes, white breads and pasta, baked goods
- Sherbet, ice cream, chocolate milk

Fats/Oils

- Omega-6 rich oils (corn, safflower, sunflower, soybean)
- Butter and lard (high in saturated fat)

Nuts

- Experiment with different varieties
- Digestibility and impact on acne varies from person to person

Beverages

- Soft drinks, soda, undiluted fruit juice
- Alcoholic beverages

Foods to Exclude

Hydrogenated Oils

Trans Fats

Margarine

Vegetable Oils

- Heated to very high temperatures (like for fried food)
- Used multiple times for cooking

Artificial Sweeteners

Food Colors and Dyes

Preservatives

High-Fructose Corn Syrup

Some foods promote the acne process through inflammation, oxidative stress, hormonal imbalance and spiking blood sugars while others suppress and regulate these processes.

Experiment with a wide variety of foods. You may find certain foods are absolute acne aggravators and need to be moved to the Foods to Exclude category.

Copyright © 2014, SAS Institute Inc., Cary, NC, USA. All Rights Reserved.
Rev 11/2014

Clear Skin Shopping List

Vegetables		
Buy enough to have with every meal!		
Alliums Weekly		
Onions	Leeks	Scallions
Shallots	Garlic	
Crucifers Weekly		
Broccoli	Cauliflower	Cabbages
Brussels sprouts	Radishes	Kale
Collards	Kohlrabi	
Starchy Vegetables		
Winter squash	Corn	Peas
Winter Roots— Parsnips, Turnips, Beets		
Fruits		
Aim for 2-3 servings per day		
Explore new fruits		
Eat colorful fruits from the whole rainbow		
Use lemons and oranges for their juice and peel!		
Beverages		
Stay hydrated!		
Water	Tomato juice	
100% vegetable juices	Green tea (not the high sugar bottled varieties)	

Carbohydrates		
Opt for whole grain, unprocessed varieties		
Grains		
Buckwheat/Kasha	Quinoa	Whole Wheat
Brown Rice	Sorghum	Steel cut oats
Millet	Teff	Wild Rice
Breads and Pastas		
Whole grain	Ezekiel	Corn tortillas
Rye	Nut/rice/seed crackers	

Fats and Oils	
Keep all oils, except olive oil, in fridge or freezer	
Avocado	Olives, black or green
Butter (from grass-fed cows)	Oils: Coconut (virgin), Flax Seed (cold pressed), Grapeseed, Walnut, Olive (extra virgin), Canola (cold pressed)

Proteins	
Find clean varieties free of hormones & antibiotics Choose grass-fed, free range as often as possible	
Fish (1-2x per week)	Lean beef and pork
Eggs (omega-3 rich)	Tofu, edamame
Lamb	Buffalo
Chicken	Turkey
Milk (in moderation)	Cheese

Herbs, Spices & Condiments		
Mustard	Soy sauce	Vinegar
Salsa	Bean dip	Hummus
Ginger	Rosemary	Oregano
Turmeric	Cinnamon	Nutmeg

Legumes	
Dried beans and peas	Lentils



Nuts	
Choose unprocessed nuts and nut butters	
Almonds	Hazelnuts
Brazil Nuts	Pecans
Peanuts	Cashews
Natural nut butters	

Copyright © 2014, SAS Institute Inc., Cary, NC, USA. All Rights Reserved.
Rev 11/2014
Source: Logan, Alan & Treloar, Valori, *The Clear Skin Diet*, 2007.