

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.

Clear Skin Shopping List

Vegetables

Buy enough to have with every meal!

Alliums Weekly

Onions	Leeks	Scallions
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Shallots	Garlic	
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Crucifers Weekly

Broccoli	Cauliflower	Cabbages
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Brussels sprouts	Radishes	Kale
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Collards	Kohlrabi	
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Starchy Vegetables

Winter squash	Corn	Peas
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Winter Roots– Parsnips, Turnips, Beets
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Fruits

Aim for 2-3 servings per day

Explore new fruits

Eat colorful fruits from the whole rainbow
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Use lemons and oranges for their juice and peel!
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Beverages

Stay hydrated!

Water	Tomato juice
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100% vegetable juices	Green tea (not the high sugar bottled varieties)
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Carbohydrates

Opt for whole grain, unprocessed varieties

Grains

Buckwheat/Kasha	Quinoa	Whole Wheat
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Brown Rice	Sorghum	Steel cut oats
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Millet	Teff	Wild Rice
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Breads and Pastas

Whole grain	Ezekiel	Corn tortillas
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Rye	Nut/rice/seed crackers
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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
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Eggs (omega-3 rich)	Tofu, edamame
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Lamb	Buffalo
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Chicken	Turkey
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Milk (in moderation)	Cheese
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Nuts

Choose unprocessed nuts and nut butters

Almonds	Hazelnuts
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Brazil Nuts	Pecans
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Peanuts	Cashews
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Natural nut butters	
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Fats and Oils

**Keep all oils, except olive oil,
in fridge or freezer**

Avocado	Olives, black or green
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Butter (from grass-fed cows)	Oils: Coconut (virgin), Flax Seed (cold pressed), Grapeseed, Walnut, Olive (extra virgin), Canola (cold pressed)
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Herbs, Spices & Condiments

Mustard	Soy sauce	Vinegar
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Salsa	Bean dip	Hummus
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Ginger	Rosemary	Oregano
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Turmeric	Cinnamon	Nutmeg
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Legumes

Dried beans and peas	Lentils
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