

My Healthy Skin Food

CHECKLIST

Fatty Fish & Lean Meats

- Salmon** (sustainably caught)
- Mackerel** (sustainably caught)
- Herring** (sustainably caught)
- Lean Beef** (hormone free, grass fed)
- Chicken** - free range is most humane
- Turkey** – free range
- ORGANIC** when possible

Healthy Fats & Grains

- Avocado**
- Extra Virgin Olive Oil**
- Coconut Oil**
- Eggs**
- Nuts** (walnuts, almonds, etc., *not* peanuts)
- Seeds** (sunflower, chia, flax, pumpkin, etc.)
- Whole Grains** gluten-free if needed)

Eat Lots of These!

- Green Leafy Veggies**
- Broccoli** (super healthy)
- Berries** (a low sugar fruit)
- Mangos**
- Apples**
- Pomegranates**
- Citrus for Vitamin C**
- Tomatoes** (Lycopene)
- Probiotics** (Gut/Skin Health)

Avoid

- Alcohol**
- Refined Grains** (no nutrition!)
- Dairy** (a problem for some)
- Sugary Beverages**
- Chips, Cookies, Empty Calories**
- Whey Protein** (go plants instead)
- Foods fried in trans-fat oils**
- Meats with Nitrates/Nitrites**
- Processed foods + preservatives**