

Eat Your Way to Clear Skin – 10 Foods That Help Fighting Acne



What is Acne?

Acne is a common skincare issue that affects people of all ages - with over 85% of teenagers experiencing some degree and up to 54% of adults still struggling.

Symptoms can range from mild whiteheads/blackheads to more severe cysts/pustules or inflamed nodules.

It's essential for those affected by acne to practice proactive skin care in order to maintain healthy levels and reduce inflammation in the skin; this includes developing an eating plan high in antioxidants & vitamins, getting enough sleep each night, exercising regularly as well as avoiding environmental factors such as cigarette smoke or pollution which may trigger breakouts.



Importance of nutrition when dealing with Acne.

Eating a well-balanced diet is essential in managing acne. Nutrients such as zinc, vitamin A, and omega-3 fatty acids are especially important to help reduce inflammation and boost skin health. Incorporating nutrient-dense foods into your diet can help keep your skin clear.

10 Foods That Help Fighting Acne



01.

Salmon – Omega-3 fatty acids from salmon can help reduce inflammation and reduce acne flare-ups.

02.

Spinach – Spinach is rich in vitamins A, C and E, as well as being high in zinc which can help fight off breakouts.

03.

Blueberries contain antioxidants that prevent skin damage due to environmental factors such as sun exposure and pollution.

04.

Sweet potatoes – Rich in vitamin A, sweet potatoes are also a great source of beta carotene which helps reduce inflammation associated with acne.

05.

Avocado – Avocados are full of healthy fats that nourish the skin, helping to keep it hydrated and free from blemishes.



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06.

Nuts and seeds – Nuts and seeds are high in zinc, which can help fight off acne-causing bacteria.

07.

Yoghurt – Yoghurt is full of probiotics which help to balance the good bacteria in your gut, helping to keep skin clear.

08.

Turmeric – Curcumin, an active compound found in turmeric, has anti-inflammatory properties that can reduce redness associated with acne breakouts

09.

Dark chocolate – 80-90% cocoa - Cocoa contains powerful antioxidants which help to protect skin cells from damage caused by environmental factors.

10.

Green tea – The anti-inflammatory properties of green tea can help reduce acne and redness.

What foods should you avoid when suffering from acne?

It is important to be aware of what foods you should avoid if you're suffering from acne.

Foods that are high in sugar and saturated fats can cause inflammation, so it's best to stay away from processed and fast food items such as pizza, chips and burgers.

Dairy products may also aggravate acne due to the hormones found in milk.

It is also important to be aware of what drinks you should avoid if you're suffering from acne.

Sugary drinks such as soda and juice are high in sugar and can cause inflammation, which can lead to breakouts.

Alcoholic beverages are also known to be dehydrating, resulting in skin that lacks moisture and is prone to developing blemishes.



What drinks should you avoid when suffering from acne?



Caffeinated drinks such as coffee, tea and energy drinks contain caffeine which can make the skin even more sensitive and vulnerable to breakouts.

Additionally, dairy-based products such as lattes or cappuccinos can contribute to the onset of acne due to the hormones found in milk. It's best to stick with hydrating beverages like water or herbal teas that have soothing properties for the skin.

In addition to eating a healthy diet, there are other lifestyle changes that can help reduce acne flare-ups and improve skin health.

These include avoiding dairy products, limiting processed foods and added sugars, getting regular exercise, reducing stress levels, and using non-comedogenic skincare products. With the right combination of nutrition and lifestyle choices, you can be on your way to clearer skin in no time!

10 easy recipes to help clear Acne



1. Salmon and Spinach Salad

Start with a bed of fresh spinach, top with grilled salmon, avocado slices and a drizzle of olive oil for a delicious salad packed full of acne-fighting nutrients.

2. Turmeric Sweet Potato Fries

Slice sweet potatoes into wedges, toss them in olive oil, minced garlic, turmeric powder and salt for an irresistibly crunchy side dish to any meal. Bake in the oven until soft or use an air fryer.

3. Blueberry Smoothie Bowl

Start with a base of Greek yoghurt, top it off with blueberries and add some oats, chia seeds and almonds for a nutritious breakfast treat that can help keep skin looking clear.

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4. Zucchini Noodles with Avocado Pesto

Spiralize zucchini noodles and top them off with an avocado-based pesto sauce made with parsley, garlic and olive oil for a flavoursome dish that packs in lots of healthy fats.

5. Baked Salmon & Broccoli Bowl

Simply bake some salmon fillets along with broccoli florets to create a nourishing bowl that is full of acne-fighting omega-3 fatty acids and vitamins A & C.

6. Walnut & Banana Pancakes

Whip up some pancakes using mashed banana as the base along with walnuts for extra nutrition; serve topped off with blueberries for added antioxidants.



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7. Granola Yogurt Parfait

Layer Greek yogurt or kefir in a glass jar or bowl topped off with granola made from oats, almonds and pumpkin seeds for an energising snack that helps fight acne flare ups!

8. Nutty Dark Chocolate Bark

Melt together dark chocolate chips along with chopped nuts such as walnuts or pistachios before spreading on parchment paper; let cool until hardened to make your own tasty chocolatey snack full of antioxidants!

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9. Cinnamon Roasted Almonds

Mix almonds in a bowl along with cinnamon powder, coconut sugar and melted coconut oil before baking in the oven until lightly browned; enjoy this crunchy treat as an after-dinner snack or between meals throughout the day!

10. Acne Fighting Juice

Blend together cucumber, spinach leaves, lemon juice and ginger root for an invigorating freshly squeezed juice that can help reduce inflammation associated with acne breakouts!





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