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Foods to Avoid for Better Skin

Stay Clear of 'The Seven Deadly Sins' of Food Choices to Keep Your Skin Looking Young and Healthy!

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If you've ever battled with spots, blackheads, dry skin, or premature aging, you'll know how hard it is to find the right routine that works for you, often ending up disappointed. What you may not know is that a key factor in skin health is what you eat, and that certain foods are worse for your skin than

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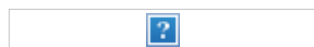
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others. In a previous article, we discussed the best foods for your skin. However, in this article, we'll overview some of the worst foods for skin, so you will know what to avoid!

The Worst Foods for Skin

1) Salt - Salt causes your body to retain water, which leads to swelling. This can make your face look puffy, so if you wake up in the morning with a swollen face, cut down on your salt intake to help reduce the puffiness.



Photocredit: Flickr / kfergos

2) Sugar - Eating too many sweet things is a no-no for good skin. If you consume a lot of sugar-loaded foods in a short space of time, your blood-glucose levels go through the roof, which isn't good for your skin. Avoid high-glycemic foods for a more steady blood sugar and better skin.



Photocredit: Flickr / Ollie T.









3) Starchy foods - Speaking of high-glycemic foods, starchy foods such as white bread and pasta contain lots of sugar, even though they don't taste sweet. Cut down on these bad foods if you're striving for healthier skin.



Photocredit: Flickr / tombothetominator

4) Dairy - While the link between high dairy intake and acne has not yet been proved, many internationally-renowned dermatologists think that there is a definite connection. Avoid eating too much dairy for a way to clear your skin, naturally.

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5) **Shellfish** - Eating too much shellfish, or any other foods rich in iodine such as spinach, can **cause iodine to build up in the body over time**. This can cause breakouts which seem almost spontaneous.



Photocredit: Flickr / Robert Banh

6) **Alcohol** - We all know the feeling of having a few too many drinks the night before, but if you're a regular drinker you may also notice that you have dry skin. Because **alcohol is a diuretic**, it leaves you feeling dehydrated, and your skin may feel the brunt of your dehydration.



Photocredit: Flickr / Chris Colterman

7) **Non-organic foods** - if you regularly choose non-organic foods to save a few cents here and there, you may be damaging your skin. Research suggests that the chemicals such as pesticides, herbicides and hormones found on non-organic produce and other food products can result in break-

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If you feel your skin deserves a healthy break, try these nutritious eating alternatives below! Your skin will love you for it!

- [Gluten-free alternatives to flour](#)
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About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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