Atlanta Acne Specialists

Top 5 foods to remove from your diet if you are acne prone

1. Iodized Salt - iodides aggravate the lining of the pore increasing irritation and triggering more dead skin to be sloughed off and more oil to be secreted into the pore. This includes chips and crackers. Really anything high in salt content.
2. Dairy - all dairy milk, cheese, yogurt, ice cream All dairy is high in iodine. Even if you get organic and hormone free you will still be getting extra hormones from the lactating cow that you, as an acne prone person, don't need.
3. Whey/ Soy protein powder, shakes, bars - these are again all high in iodine. Also, whey is a dairy byproducts and soy is highly processed as well.
4. Peanuts/ Peanut Butter - Peanuts are a high androgen food which acts like hormones when broken down inside your body. Any other nut or nut butter is great for the acne prone individual
5. Seaweed/ Kelp/ Sushi - again all high in iodides. Most anything from the ocean will be. Also take into account that these foods are typically eaten with soy sauce that again is high in iodine.

Bonus: Your multivitamin most likely has added iodine(potassium iodide) and Biotin - both of these will trigger more breakouts. Check the supplement fact to make sure.