

Acne Food List

NOT THAT 

High Glycemic Foods

- Bagels
- Cakes
- Canned fruits
- Chewy fruit rolls
- Cookies
- Crackers
- Dried fruits
- Fruit gummies
- Parsnips
- Pastries
- Pineapple
- Popcorn
- Potatoes
- Pretzels
- Pumpkin
- Rice cakes
- Rice milk
- Rice puffs
- Sorghum
- Sugary cereals
- Watermelon
- White bread
- White flour
- White pasta
- White rice
- White tortilla

- Chips

Processed Foods

Dairy Products

- 2% milk
- Butter
- Full-fat cheese
- Full-fat milk
- Full-fat yogurt
- Heavy cream
- High fat sour cream
- Ice cream
- Margarine
- Mayonnaise
- Non-dairy creamers
- Processed cheese - cheese slice, spreads
- Skim milk
- Shortening
- Whole milk

Unhealthy Fat

- Butter
- Canola oil
- Coconut oil
- Corn oil
- Processed meat
- Safflower oil
- Shortening

Acne Food List

EAT THIS 

Anti-Inflammatory

- Almonds
- Apples
- Artichokes
- Asparagus
- Avocado
- Banana
- Berries
- Broccoli
- Carrots
- Cauliflower
- Chicory
- Cinnamon
- Cloves
- Dark chocolate
- Eggplant
- Ginger
- Grapes
- Green tea
- Kale
- Mackerel
- Mushrooms
- Olive oil
- Oranges
- Peanuts
- Pomegranate
- Salmon
- Sardines
- Spinach
- Tomatoes
- Tuna
- Turmeric
- Walnuts

Vitamin A Foods

- Apricot
- Butternut squash
- Cantaloupe
- Carrots
- Collard greens
- Grapefruits
- Guava
- Kale
- Mango
- Papaya
- Sweet potatoes
- Sweet red pepper
- Swiss chard
- Tangerine
- Tomatoes
- Turnip greens
- Beef liver
- Bluefin tuna
- Butter
- Cheddar cheese
- Clams
- Cod liver oil
- Eggs
- Goat cheese

High Fiber

- Apples
- Artichokes
- Beans
- Beets
- Bell peppers
- Berries (blueberries, raspberries, strawberries)
- Carrots
- Cherries
- Cranberries
- Dark chocolate
- Ginger
- Goji berries
- Green tea
- Kale
- Okra
- Pecans
- Plums
- Pomegranate
- Prunes
- Red cabbage
- Red grapes
- Spinach
- Sweet potatoes

Zinc

- Almonds
- Beans
- Cashews
- Cheese
- Chicken
- Chickpeas
- Crab
- Dark chocolate
- Eggs
- Fortified cereals