



Acne Causes and Remedies Cheat Sheet

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AVOID

White Bread

White Rice

White Pasta

Hydrogenated Oils

Sugar

Junk food or highly processed food

Coffee

REPLACE WITH

Whole grain, rye or spelt bread

Brown rice, wild rice

Wholemeal pasta

Extra virgin, flaxseed, walnut, avocado, grape seed or sesame oil

Consider replacing sugar with unrefined sugar like coconut sugar. Even better use rice malt syrup or xylitol.

If you must have takeaway consider the healthy options available. Wraps, whole meal versions or bun less burgers. Even better stay at home and cook a piece of chicken with some fresh veg or salad. Add a little bit of body text

If your acne is bad maybe cut coffee altogether and try some of the fabulous teas on offer instead. If you feel unable to do this try to cut back to maybe only two coffees per day. a little bit of body text

Soy Products

If possible, steer clear of soy. If you must include it in your diet perhaps try to find a GM free source. Soy milk can be replaced with almond or coconut milk.

Dairy

Whole grain, rye or spelt bread

Gluten

There is a huge selection of gluten free products available on the market however the alternatives usually include ingredients high in carbohydrates. Paleo bread recipes are easy to find on the internet and are surprisingly easy to make.

NUTRIENTS TO INCLUDE

WHERE TO FIND THEM

Omega 3

Fish oil supplements, salmon, mackerel, sardines, walnuts, chia seeds, flax seeds

Probiotics

Sauerkraut, kimchi, pickled vegetables like gherkins, coconut yoghurt, almond yoghurt

Prebiotics

Tomatoes, Jerusalem artichokes, asparagus, leeks, onions

Antioxidants

Berries, dark chocolate, pecans, tea, red wine

