



foodwise

Skin Food

FACT Beautiful skin starts on the inside.

No single food causes pimples. Skin is influenced by hormones, stress, our genetics, and skincare, as well as what we eat.

Try to eat a healthy, balanced diet based on the Five Food Groups (vegetables, fruit, wholegrain breads and cereals, lean meat and meat alternatives and dairy foods). Good nutrition and a balanced diet help promote general health as well as healthy skin.

Healthy eating for skin in 6 easy steps

1. Go low Glycaemic Index (low GI)

- Swap white bread for wholegrain or those labelled 'Low GI'
- Have a variety of carbohydrates, e.g. pasta, rice, quinoa, barley and polenta



- Choose high fibre breakfast cereals like porridge, Weetbix™ and natural muesli
- Include protein rich foods to lower the GI of a meal.



2. Eat protein rich foods at most meals

Include:

- Lean meats, poultry and fish
- Legumes, lentils and tofu
- Fat reduced dairy products
- Eggs, nuts and seeds.



3. Keep it fresh

- Eat fresh, frozen, cooked or raw veggies
- Put salad in your sandwiches, rolls or wraps
- Chop up veggie sticks to have with healthy dips, e.g. hummus
- Try to eat 2 pieces of fruit a day, fresh, canned or frozen.



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4. Drink up for good skin

- Drink plenty of water
- Choose reduced fat plain or flavoured milk or fruit smoothies
- Limit soft drink and juice.



5. Change your oil

Healthy fats provide essential oils for healthy skin

- Use vegetable oils (e.g. sunflower or canola oil) and margarine instead of butter
- Include healthy fats like avocado, nuts and seeds
- Avoid regular deep fried/high fat foods, e.g. fries, baked goods, pastries.



6. Snacks to beat the zits

- Spicy fruit bread or muffins with a light spread
- Fruit – fresh or dried or tubs in natural juice
- Plain or fruit flavoured yoghurt
- A few nuts with fresh or dried fruit
- Sandwiches made with grainy bread
- Mini-pizza – English muffins with your choice of pizza toppers
- Smoothies, milkshakes or flavoured milk
- Felafel or meat roll (from Middle Eastern takeaways)
- Baked beans or eggs on wholegrain toast
- Canned tuna or cheese on wholegrain crackers
- Hommus with veggie sticks
- Bowl of cereal with milk and fruit
- *Limit sugary and highly processed foods.*

Nice skin has a positive effect on confidence, mood and self esteem. So do yourself a favour and eat well.



Where can I find out more information?

HERE ARE 3 WAYS:

1. TALK to your GP

2. MAKE A FREE APPOINTMENT with an ACT Health Community Dietitian by phoning **6207 9977**

3. CHECK OUT more Foodwise factsheets at www.health.act.gov.au

