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Keeping skin supple gets increasingly harder with age. Make sure your diet isn't making things worse! A nutritionist shares 7 foods to avoid in order to get a better complexion.

1. Doughnuts

Whether they're made at a gourmet bakery or fast food pit stop, doughnuts are a double dose of bad news for your skin. Grease and sugar is one-stop shopping for skin woes.



2. Soda

Soda pop and other high-sugar beverages can damage the formation of collagen, the connective tissue that help keeps skin firm – another reason to stick to calorie-free bevies

like water, seltzer and unsweetened tea.



3. **Fried Foods**

Fried foods can lead to bad skin, but forget the old wives' tale about getting zits from rubbing greasy fingers on your face (though that probably won't help). Eating too many high-fat foods can have a negative effect internally on circulation. This can promote that skin puffiness that no one appreciates when looking in the mirror.



4. **Alcohol**

The diuretic effect of alcohol can wreak havoc on your skin, sucking out the moisture and contributing to a sunken and washed-out look. Booze doesn't need to be completely off-limits, but be sure to imbibe in moderation. And don't forget to counteract the effects of alcohol when you do tip a few back by taking in extra fluids.



5. Energy Drinks

Another double-punch to your face, this time from caffeine and sugar. These fizzy drinks promise energy, but really only hop you up on sugar, caffeine and other stimulants. Don't believe the hype.



6. Mayonnaise

Foods high in omega-6 rich oils (like soybean, corn and safflower) found in mayo and some salad dressings can stimulate inflammatory processes, making skin less than stellar. Many of these plant-based oils are good for you in moderation. For best results eat omega-6 fats in combination with inflammation fighting omega-3s from foods like salmon and

tuna.



7. **Processed Meats**

Eating lots of high-fat and high-sodium processed meats like salami and hot dogs won't do your complexion any favors. Look for brands that use less preservatives, enjoy in moderation and drink extra water if you do eat them.



Meat Delicacies, Ham,
Sausage, Salami, Hot dogs,
Small sausages