Connect the Dots

Is the food on our plates linked to the pimples on our face?

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Popular thought has long asserted that certain foods cause acne. But studies haven't proven this—at least not yet. "There is growing evidence of the link between diet and acne, which is becoming stronger as new evidence comes to light," says Katerina Steventon, PhD, a research fellow with Humber Obesity Nutrition Education and Innovation. "Although nothing has been fully proven…it is only a matter of time."

Until then, the strongest links between acne and food are from findings that suggest high glycemic foods—most sugary, processed eats, or high-carb meals and milk—can worsen the skin condition.

But the good news is research also shows that a healthy diet rich in lower-carb foods, in addition to fresh fruits and veggies, can protect against acne. So put that doughnut down!

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