

Diet Change = Clear Complexion

Looking to avoid acne? Stick to a low-glycemic diet by following these helpful tips.

Acne outbreak has been associated with the overproduction of oil in the skin and hair follicles. High-glycemic foods (such as dairy, white bread, white pasta, and white rice) are known to cause changes in the body which can lead to increased oil production.

Following a low-glycemic diet can help keep your skin clear. Try these tips:

- 1. Say no to processed foods.** Natural and whole foods are low on the glycemic index compared to processed foods
- 2. Pair it with protein.** You can bring down the overall glycemic index of a meal by pairing it with a protein, which is harder to digest
- 3. Increase fiber.** Fiber is lower on the glycemic index because the body can't easily digest it. Higher fiber = lower glycemic index



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