

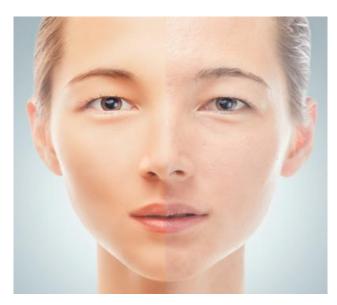
Diet Change = Clear Complexion

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 causes 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



