

Published based on [The Effects Of The Food You Consume On Your Oily Skin And Acne](#)

The Effects Of The Food You Consume On Your Oily Skin And Acne

Most people with acne believe that there is a relationship between their diet and their acne. The information out there is not clear and lots of people are not sure about what's true and what's not.

When I was younger, I always thought that oily skin and acne was related to the quantity of chocolate I consumed. Since then I have been through periods of terrible acne, without any chocolate being involved. There's also been occasions where chocolate has been a common part of my diet and my face has been clear.

I now realize that [oily skin](#) and acne is a lot more complicated, and the diet is 1 of many variables that can influence your acne. The relationship between your diet and acne is not based on one item or sort of food. It's based on your diet as a whole.

Experts now believe that the western diet can actually lead to worse acne and oilier skin. If your diet is heavily based on sugar and refined carbohydrates then there are adjustments that you could make to improve your skin condition.

When we consume sugar and refined carbohydrates, our body produces more insulin and growth factor. This leads to an increase in male hormones which then leads to an increased production of sebum (the oil on your skin). It's the excess oil that the skin produces that leads to worse acne. In a way, chocolate does effect acne, but it is not just the chocolate, it is the diet as a whole.

A health professor at Colorado State University compared some acne data between the US, Paraguay and Papua New Guinea. In the US, the diets of the people were primarily based on refined carbohydrates and 80 to 95% of them had issues with acne. By contrast, in the other countries where the diets do not include refined carbohydrates, acne was non-existent. This is just 1 of a number of studies that link the refined carb based diet to [oily skin](#) and acne.

Try to decrease the amount of refined carbohydrates and sugars in your diet, and adding more fruit, vegetables and proteins.

Dairy products have also been linked to acne. It is actually non-organic dairy products that could be the issue. This is something my mum regularly points out. Non-organic dairy goods contain hormones and bio-active molecules. It is the hormones that cause the issue. Hormones effect the body in a wide variety of ways. If you drink non-organic milk, try changing to organic milk for a week and see if it makes a difference. There have been studies that confirm this theory too, however this is such an easy change to make that I recommend trying it out for yourself.

One other thing that's worth thinking about is food allergies. Now in this case, acne could be down to one type of food. If you're intolerant to a sort of food then acne may well be one of the side effects caused by consuming that food. Lactose intolerance is a common one so it could be dairy (organic or not) that is causing the acne. Other common intolerance's are wheat and eggs. If it is an intolerance that is causing the acne then it is fairly hard to find out. The negative effects may be so mild that it is hard to notice what it might be or even if you have an intolerance. If you find that your acne is really closely related to a type of food that you eat, try giving it up for a few days or so and seeing if it makes the difference.

You can also find this article published on [The Effects Of The Food You Consume On Your Oily Skin And Acne](#), and on the tag pages [acne](#), [Diet](#), [food](#), [oily](#), [skin](#).