



It's Not the Chocolate or the Greasy Fries.....

It's the salt on those fries. Yes, it is salty foods and food high in iodides that are the culprit in making acne worse. Here's a list of foods typically high in iodides. We tell people to not go crazy around eliminating these foods, just be aware of eating too much of them. For example, we had a client who was almost clear. She came into our clinic all broken out and we couldn't imagine what was going on – I asked her if she was eating a lot of seafood or seaweed. She said, "why yes, I'm sprinkling kelp on my food every day." As you can see by the chart, kelp has the most iodide of any food . We got her off the kelp and her skin cleared again.

Iodide Contents in Food (parts per million of iodide)

SALT		SEAFOOD		DAIRY	
Iodized Salt ¼ tsp	100	Kelp	1020	Cheddar Cheese Spread	27
Seasoned Salt	40	Cod 3 oz	87	Milk	11
Sun Evaporated Salt	30	Squid	39	Butter	26
Uniodized Salt	19	Crab	33	Mozzarella Cheese	13
MEAT/POULTRY		VEGETABLES		MISCELLANEOUS	
Beef Liver	325	Asparagus	169	Tortilla Chips with salt	80
Turkey	132	Broccoli	90	Potato chips with salt	40
				Power Bars	
				Sport Drinks	

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