

# Bridal skincare: Avoid these 5 foods to maintain healthy, glowing skin

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**Online Desk:** As your wedding day approaches, you undoubtedly want to look your best, and clear, glowing skin is a key part of achieving that radiant bridal glow. Acne can be a frustrating challenge, but did you know that your diet can significantly impact your skin's health? This is especially important for brides-to-be who want to avoid those unwelcome pre-wedding breakouts. No one wants to walk down the aisle with pesky pimples on their cheeks, right?

According to experts, altering your diet can help keep acne at bay. We reached out to experts to learn about the foods you should avoid if you want to prevent acne.

Recently, Mahima Sethia, a nutritionist and health coach, shared a list of five food items that can potentially cause acne. In an Instagram post, she advised brides-to-be to steer clear of these culprits:

1. **Whey protein supplements:** There's a possible link between whey protein and acne, as it can increase the hormone IGF-1.
2. **Milk:** Dairy products can be problematic for the skin, so consider switching to plant-based milk.
3. **Corn flakes:** The base ingredients in corn flakes, including corn, sugar, high fructose corn syrup (HFCS), and malt flavoring, have a high glycemic index (GI) content.
4. **Refined grains:** Foods like white bread and pasta cause your blood sugar to spike quickly.
5. **Desserts:** Indulging in sweets can lead to spikes in your body's insulin levels.

To elaborate on this, Dr Seema Oberoi, a consultant in dermatology at CK Birla Hospital in Gurugram, explained that foods with a high glycemic index can trigger acne by causing rapid spikes in blood sugar. "These foods can also contribute to excessive weight gain and insulin resistance, which can be a factor in conditions like polycystic ovarian syndrome (PCOS) and acne."

Dr Oberoi suggested maintaining a healthy diet rich in fresh fruits, vegetables, whole grains, and fiber to help prevent acne. She also highlighted the importance of zinc, which can be beneficial in dealing with acne. Foods like oatmeal, beans, carrots, nuts, and salmon are rich in omega-3 fatty acids, which can help prevent acne.

"A balanced diet in moderation, maintaining a healthy body mass index (BMI) based on your age and gender, and reducing stress are essential for maintaining skin health. Don't hesitate to seek timely treatment if you notice your skin's condition deteriorating," she recommended.

Here are some tips for brides-to-be to achieve healthy, glowing skin:

- Identify your skin type and choose makeup and facials that suit your needs, especially if you have oily skin.
- Avoid trying new skincare products at the last minute.
- Consult a dermatologist for professional guidance.
- Remember that acne is treatable, but early treatment is crucial. Last minute only concealers would work.
- Explore different treatments tailored to your skin type and condition, such as professional peels, laser treatments, carbon laser facials, PRP (platelet-rich plasma) therapy, mesotherapy, and Oxygeneo-based medifacials.