

The Facial Room™

ACNE & SKIN CARE CLINIC

Foods high in Iodides

Your diet just might be exacerbating your acne thanks to a common ingredient that is in many food, vitamin and mineral supplements. That ingredient is **iodide**. Although most experts agree that chocolate and greasy foods do not cause acne, research says that ingestion of **iodides** (also known as iodine, potassium iodides, and kelp) whether in drugs nutritional supplements or in food, can induce acne.

Once iodide enters the body and mixes in the bloodstream, excess is excreted through the oil glands. As the excess iodide is excreted, it irritates the pores and causes acne flare-up. Iodide is especially irritating to the susceptible pores of the acne-prone person, but large enough amounts can induce acne in anyone.

Note that Iodide is showing up in very unexpected foods, like bread and other wheat products, meat, and dairy products. Farmers feed their livestock nutrients with Iodine in them and it is passed on to you, the consumer.

Vitamins, mineral pills, and food supplements are some of the biggest offending sources of Iodides. Many include **Kelp, Seaweed, or Algae**, so be sure to read the labels before purchasing them. Note that iodide ingredients will typically be listed as **potassium iodide**.

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
		Sole	24	Homogenized milk	11
Drinking Water (US Avg.)	8 +	Clams	20	Monterey jack cheese	10
		Shrimp	17	Cottage Cheese	5
		Shark	15	Yogurt	3
		Sea Bass	13		
MEAT/POULTRY		VEGETABLES		MISCELLANEOUS	
Beef Liver	325	Asparagus	169	Tortilla Chips	80
Turkey	132	Broccoli	90	Potato Chips	40
Chicken	67	Onions (white)	82	Wheat Germ	46
Hamburger	44	Corn	45	Orange Juice	18
		Brussel sprouts	23	Almonds	17
		Peas	13	Oats	16
		Tomatoes	10	Pretzels	15
		Potato (Idaho)	9	Apple	8
		Carrots	8	White Bread	8
		Spinach	7	Vegetable shortening	7
				Power Bars	Varies
				Sports Drinks	Varies

Beware of Industrial Chemicals

Various chemicals are potent, and when they are exposed to the skin, aggravate acne.

Coal Tars – roofers come into contact with coal tar. Acetaminophen found in Tylenol and Nyquil is derived from coal tar.

Grease – an auto mechanic comes into contact with or from frying food that a cook would deal with.

Chlorinated industrial chemicals – may induce the occupational skin disorder known as ChorAcne.

Dioxin- is a chemical found in herbicides, and many cause cancer and other harmful side effects.