



FOODS HIGH IN IODIDES

Your diet just might be exacerbating your acne thanks to a common ingredient that is in many foods, vitamin and mineral supplements are iodides. Although most experts agree that chocolate and greasy foods do not cause acne, research says that ingestion of iodide (also known as iodine, potassium iodides or 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 it the excess iodide is excreted, it irritates the pores and causes acne flare-ups. Iodide is especially irritating to the susceptible pores of the acne-prone person, but large amounts can induce acne in anyone.

Note that iodide shows up in unexpected foods, like bread and other wheat products, meat and dairy products. Vitamins, mineral pills, and food supplements are some of the biggest offending sources of iodides. Many include kelp, seaweed, and 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	PPM	Seafood	PPM	Dairy	PPM
Iodized Salt (¼ tsp)	100	Kelp	1020	Cheddar Cheese	27
Seasoned Salt	40	Cod	87	Milk	11
Sun Evaporated Salt	30	Squid	39	Butter	26
Un-Iodized Salt	19	Crab	33	Mozzarella Cheese	13

Meat/Poultry	PPM	Seafood	PPM	Miscellaneous	PPM
Beef Liver	325	Asparagus	169	Salted Tortilla Chips	80
Turkey	132	Broccoli	90	Salted Potato Chips	40

INDUSTRIAL CHEMICALS

Many chemicals can aggravate acne when they come into contact with skin. Here are a few to be on the lookout for:

- *Coal Tars*: Often found in roofing materials.
- *Grease*: Often found auto mechanics' shops or in a restaurants that fry food.
- *Chlorinated Industrial Chemicals*: Often found in herbicides and toxins; may induce the occupational skin disorder known as Choracne.
- *Dioxin*: Also often found in herbicides and may cause cancer and other harmful side effects.