



COMMUNITY
SERVICES #1
enable • enhance • enrich

SKIN HEALTH

• CS#1 NUTRITION •

What is eczema?

A chronic skin condition that causes a red, scaly and itchy rash. For some people, the cause of eczema isn't fully understood. If food allergy is the cause, removing that food may result in better eczema control. You should only remove foods from your diet under medical supervision.

A healthy diet is important for skin health for people of all ages. For most people, there are no foods that need to be avoided for healthy skin. Variety is key; aim to eat a range of foods from the five food groups: fruit, vegetables, grains, dairy and protein.

Dehydration means not drinking enough fluids; this can affect your skin health. Aim to drink 6 to 8 cups of liquid each day, and more if you are active. Water is the best choice, but sugar-free drinks including tea and coffee count too.

What is acne?

Inflammation of hair follicles in the face, neck, back and chest. There is some evidence that a diet high in added fats and sugars can make acne worse. A healthy, balanced diet is the best way to fight acne from the inside.

HEALTHY EATING SKIN HEALTH • CS#1 NUTRITION •

Do:

- Eat from the five food groups: fruit, vegetables, grains, dairy and protein.
- Follow the Australian Guide to Healthy Eating.
- Ensure non-sugary fluid intake of 6 to 8 cups per day.
- Get enough sleep and reduce your stress.
- Be physically active.

Don't:

- Eat too many foods high in fats and sugars.
- Drink too much alcohol, (alcohol causes dehydration!).
- Smoke.

Supported by



ACT
Government

www.communityservices1.org/nutrition