



How to choose healthier carbs on the teenage anti-acne diet

- High fibre breakfast cereals, rolled oats, natural muesli
- Grainy bread, sour dough bread, fruit loaf
- Basmati or doongara rice, pasta, fresh noodles
- Grainy crispbreads
- Honey
- Fresh fruit and vegetables, dried fruit, unsalted nuts, seeds, low fat dairy foods
- Plain popcorn
- Sweet potato, sweet corn, carrots
- Water, low fat milk, fruit juice

Following the diet

Power up with protein:

- Include lean beef, lamb or veal at least three to four times a week and fish twice a week for dinner.
- Eat lean protein (red meat, poultry or fish) for lunch daily
- Aim for three serves of low fat dairy foods each day.
- Remember to include eggs

Go Low GI

To ensure carbohydrate choices are low GI:

- Start your day with high fibre breakfast cereals such as porridge, natural muesli or wheat biscuits.
- Swap white bread for whole grain or rye varieties.
- Choose pasta and basmati rice instead of other varieties of white rice.
- Add legumes, tofu, lentils or chickpeas to stews and salads.

Get Fresh

- Aim for three serves of fruit a day
- Eat at least 2 1/2 cups of vegetables each day. Choose non starchy vegetables such as broccoli and capsicum which have a lower GI value

Have An Oil Change

- Use canola and olive oil in cooking
- Choose mono-unsaturated margarines
- Sprinkle nuts and seeds on cereals
- Add avocado to a sandwich or salad

Limit Processed Food

- Avoid sugary breakfast cereals and ready to eat snacks
- Drink water instead of soft drinks
- Keep quick meal options at home so you don't send out for takeaway
- Limit refined white foods such as bread cakes and biscuits

Smarter Skin Care

- Wash skin twice a day with a gentle cleanser
- Avoid scrubbing the skin – this may make your acne worse
- Apply topical treatments to all areas affected by acne, not just to individual spots.
- No matter how tempting – don't squeeze pimples!
- Give topical treatments and medications time to work – it usually takes 2 months to see improvement.