



Foods to Eat for Your New Rosacea Diet

Many people have found that because there are no rosacea cures, that they need to focus on being healthier in general, and that this actually seems to eliminate their rosacea symptoms.

A low acid, high alkaline [diet for rosacea](#) which is rich in vegetables and low sugar fruits, and which eliminates refined and processed foods, can help your body to reduce inflammation which will then reduce your rosacea symptoms.

Generally most fruits and vegetables and seeds are more alkaline. Red meats, wheat flour, beer, citrus fruits and sugar are more acid forming in the body.

Berries such as blueberries, cherries, blackberries are excellent natural rosacea cures. They help your body to constrict the blood vessels, which may help your skin redness.

Rosacea Diet Tips for Success

It's not easy to change what we eat, even if it is making our face break out! Food is comfort, nurturance, and it sustains us. During difficult times, it can even feel like food is our **ONLY** comfort!

For this reason, you need to be extra compassionate with yourself when you are changing your diet. Unless you have a life threatening condition, **make changes gradually**.

A good way to pace yourself is to make **one or two changes a week**.

If you have a really acidic diet full of red meat and dairy products, it is important to go slowly in order to **avoid a "detox" reaction**.

If you've been eating less healthy food for a while, once your hungry body gets the nutrients it needs, it starts to detoxify and release all the "junk" it has been carrying around.

Keep a Food Journal for Your Rosacea Diet

Keeping a food journal will help you to learn about which foods seems to trigger your rosacea outbreaks.

Every day, **write down EVERYTHING** that you eat. Yes, everything! This can be enlightening, perhaps even a little surprising!!

Save each page that you write, and also write **down what happens for your skin** on that day.

Make a star or check mark on the days that your rosacea got worse.

Now, after a week, go back through your journal. Note the days with stars or check marks. **Do you see any patterns?** Are there any foods that you ate on those days that might have triggered your rosacea?

A High Alkaline Rosacea Diet Has Extra Health Benefits!

A high alkaline diet for rosacea is good for your skin AND for your whole body.

Many people who follow this diet find their skin starts looking smoother, and some even notice a reduction in wrinkles! Some people also find that their aches and pains reduce, and that they lose those extra few pounds.

Here's what a rosacea diet includes:

Pure water

Plenty of vegetables

Low sugar fruits

Whole grains

Legumes

Lean white meats

Foods high in Omega 3 fatty acids such as salmon, mackerel and tuna

Avoid these foods which can create excessive acidity in the body, and trigger a rosacea outbreak.

Sugar

Coffee

Tea

Artificial sweeteners

Cigarettes
Refined and processed foods
Refined flours
Alcohol
Sugar
Most dairy products
Heat producing spices

Eat *cooling foods* rather than hot spicy foods. If you're eating cooked food, wait until it cools.

You may discover that **specific foods** like chocolate will trigger a rosacea outbreak. Sometimes even very healthy foods like spinach, tomatoes, or avocado can cause your skin to flare up.

Write everything you are learning in your **food journal** so you can remember what you've eaten. This will help you to begin to see patterns between what you eat and when your face breaks out.

Once you learn the [foods to eat for rosacea](#), you will eventually be able to clear your skin and develop your own natural rosacea cures.