



Foods That Feed Your Hair vs Foods That Starve It

A One-Page Guide to What Your Hair Needs — and What's Working Against It

✓ EAT THESE — Feed Your Hair	✗ REDUCE THESE — Starving Your Hair
✓ Eggs — protein, biotin, B12, vitamin D ✓ Wild Salmon — omega-3, vitamin D, protein ✓ Spinach — iron, folate, vitamin C ✓ Pumpkin Seeds — zinc, omega-3, magnesium ✓ Sweet Potatoes — biotin, vitamin A, minerals ✓ Bone Broth — collagen, amino acids, minerals ✓ Berries — vitamin C (boosts iron absorption) ✓ Walnuts — omega-3, vitamin E, biotin ✓ Lentils — protein, iron, folate, zinc ✓ Bell Peppers — vitamin C, antioxidants ✓ Avocado — healthy fats, vitamin E ✓ Dark Chocolate — iron, zinc, antioxidants ✓ Greek Yogurt — protein, B5, vitamin D ✓ Oysters — highest food source of zinc	✗ Excess Sugar — spikes insulin, triggers inflammation, disrupts hormones ✗ Processed Foods — low nutrients, high inflammation ✗ Excess Alcohol — depletes zinc and B vitamins, dehydrates scalp ✗ Fried Foods — increases oil production, can clog follicles ✗ Soda / Sugary Drinks — empty calories, zero hair nutrition ✗ Crash Diets — body shuts down hair growth to conserve energy ✗ Excess Caffeine — can deplete iron absorption when consumed with meals ✗ High-Mercury Fish — tuna, swordfish in excess can affect hair ✗ Artificial Sweeteners — can disrupt gut health which affects absorption ✗ Excess Dairy — can increase DHT for some people, contributing to thinning ✗ White Bread / Refined Carbs — spike blood sugar, low in nutrients ✗ Fast Food — high sodium, low nutrition, inflammatory ✗ Excess Soy — can affect estrogen levels for some ✗ Skiping Meals — your hair can't grow if your body isn't fed

❖ **Pro Tip:** Pair iron-rich foods with vitamin C to boost absorption. Squeeze lemon on your spinach. Eat berries with your seeds. Your hair needs these nutrients to actually GET to the follicles.

Put this on your fridge. Take it to the store. Start feeding your hair today.

A Free Gift from the Hair Healing Masterclass by Dipal Shah

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