

5 nutritious food options for healthy hair!

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Food in-take and healthy food habits can have a great effect on your hair growth and quality. Along with proper external hair care, there has to be a check on your food consumption and meals which can rejuvenate your hair and can help to have soft and shiny hairs. Here are a few nutritious food options for healthy hair.

1) Salmon fish for Shine

Fish contains omega-3 fatty acids necessary for hair growth. Human body does not make these healthy fats, so it has to be acquired from such supplements. Fish like Salmon, sardines and mackerel are enriched with healthy fats which help to grow hair and keep it healthy and shiny.



2) Spinach to fight Brittle Hair

Spinach is full of nutrients, containing tons of Vitamin A, Iron, Beta Carotene and Vitamin C. All

of these nutrients work together for healthy scalp and hair tresses. Your hair doesn't break as it keeps it moisturized.



3) Cereal enriched with Iron to Prevent Hair Loss

Iron deficiency can lead to hair loss. Iron enriched food consists of cereals, grains, pastas, soya-beans and lentils. Shellfish and dark leafy veggies are also a good source of iron.



4) Sweet Potatoes to Fight Dull Locks

Sweet potatoes are antioxidants as it contains beta carotene which helps protect against dull and dry hair. It contains certain nutrients which protect the hair from drying out. Beta Carotene can also be found in vegetables like carrots and fruits like cantaloupe, pumpkins and mangoes.



5) Eggs for Hair Growth

Eggs cover for your regular protein and iron bases. They are enriched with a type Vitamin B-biotin which helps hair growth and protects you against hair loss.

