

Food suggestions for Healthy Hair and Strong Nails

Protein

As hair is made of protein, ensuring you have enough protein in your diet is crucial for making hair strong and healthy.

Food suggestions: Eggs, Cottage cheese, Almonds and Walnuts.

Zinc

The mineral zinc is vital to healthy cell division, which means the parts of your body that rapidly reproduce — like your hair and nails — need a constant flow of zinc in order to generate strong cells.

Food suggestions: Cashews, green beans, soybeans, legumes and whole grains.

Omega-3 Fatty Acids

To get shinier hair, introduce more omega-3s into your diet.

Food suggestions: Eggs, flaxseed, spinach, and walnuts.

Biotin

Biotin (a.k.a. vitamin H) can improve hair that is splitting or thinning as well as strengthen weakened nails.

Food suggestions: Bananas, beans, cauliflower, eggs, lentils and peanuts, avocado, pumpkin seeds and walnuts.

Vitamin C

Vitamin C strengthens nails and helps them grow, it can also prevent hangnails.

Food suggestions: blackcurrants, blueberries, broccoli, guava, kiwi fruits, oranges, papaya, strawberries and sweet potatoes.

Magnesium

When you suffer prolonged periods of stress, you can probably see the effects in your nails and hair. Magnesium is the best all-natural anti-stress mineral.

Food suggestion - Pumpkin seeds, Almonds, dark chocolate.

References:

<https://www.myfooddata.com/articles/vitamin-c-foods.php>

<https://www.womansday.com/style/beauty/a2339/what-to-eat-for-healthy-hair-nails-116095/>

<https://alternativemedicine.com/6-essential-nutrients-for-strong-long-hair-and-nails/>