

**Be wise. Help your skin with a healthy, skin oriented diet.**

**PERSONAL TRIGGERS**

(List by name in different food categories)

<b>Spicy Food</b>	<b>Sweets</b>	<b>Carbohydrate- rich Food</b>	<b>Other</b>

**Diet Helpers**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Vegetables rich in carotenoids | <input type="checkbox"/> Tomatoes        | <input type="checkbox"/> Tomato juice                   |
|   | <input type="checkbox"/> Tomato products | <input type="checkbox"/> Lycopene-enriched tomato juice |