

Western diet tied to adult acne

August 7 2020



(HealthDay)—Western diets rich in animal products and fatty and sugary foods are associated with adult acne, according to a study published online June 10 in *JAMA Dermatology*.

Laetitia Penso, from University of Paris, and colleagues assessed the association between dietary behavior and current acne in adults using [survey data](#) from 24,452 participants (mean age, 57 years; 75 percent women) in the NutriNet-Santé study.

The researchers found that 46 percent of participants reported past or current acne. There was a significant association between current acne and the consumption of fatty and sugary products (adjusted odds ratio [aOR], 1.54; 95 percent confidence interval [CI], 1.09 to 2.16), sugary beverages (aOR, 1.18; 95 percent CI, 1.01 to 1.38), and milk (aOR, 1.12; 95 percent CI, 1.00 to 1.25). This energy-dense dietary pattern (high consumption of fatty and sugary products) was associated with current acne (aOR, 1.13; 95 percent CI, 1.05 to 1.18).

"Further large-scale studies are needed to investigate more closely the association between diet and acne that might be of value in the prevention and management of [acne](#)," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

[Editorial \(subscription or payment may be required\)](#)

Copyright © 2020 [HealthDay](#). All rights reserved.

Citation: Western diet tied to adult acne (2020, August 7) retrieved 5 May 2024 from <https://medicalxpress.com/news/2020-08-western-diet-tied-adult-acne.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
