# 95 FOODS FOR HEALTHY HAIR CARE & GROWTH

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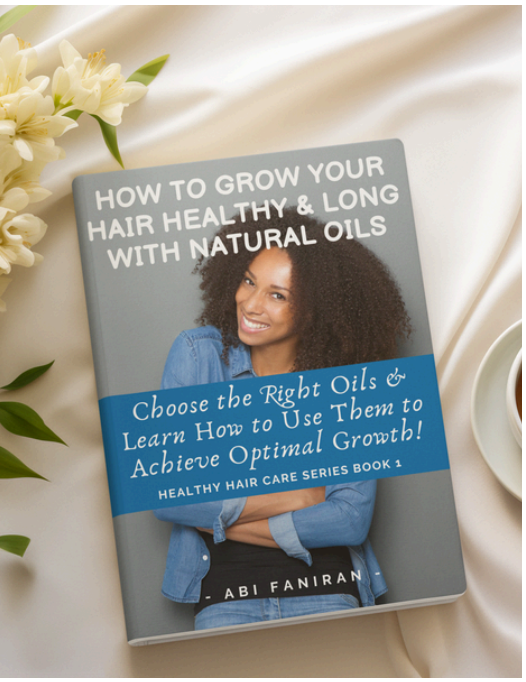
# EXCLUSIVE OFFERS

# HEALTHY HAIR CARE SERIES 1 – 6

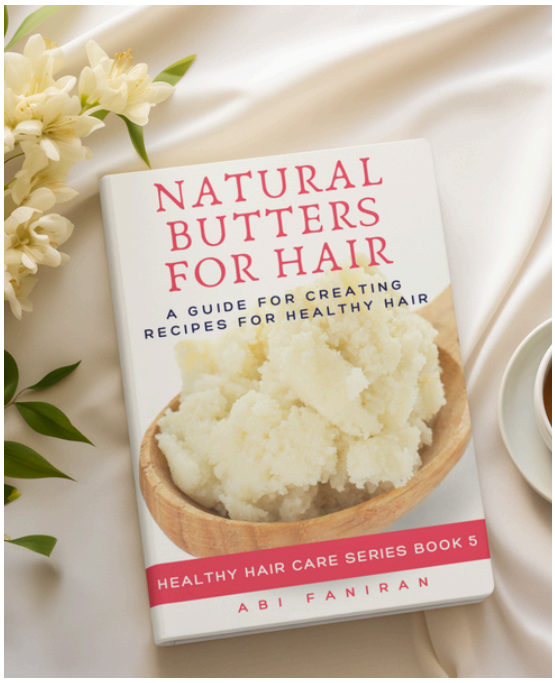
The Healthy Hair Care Series launched in 2015 after I compiled my research and testing on natural oils into the first book in the series.

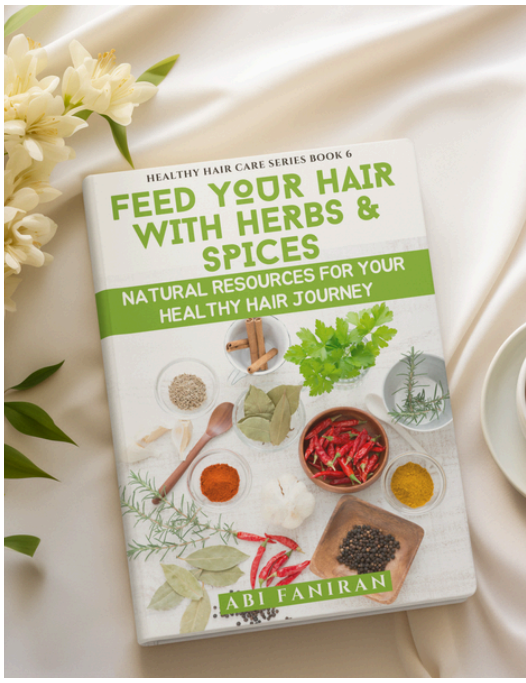
It has now grown to include six books. The series addresses healthy hair care best practices, methods, solutions, recovering from hair loss, and much more. Subscribers get 10% off any book in the series with code hnhp10 **HERE**.









# PREFACE

Many women spend a fortune on products that claim to have magical hair growth properties that can transform 1 inch of hair to 10 inches in impossible amounts of time. These claims are all misleading.

The truth is that a lot of healthy hair growth starts from within. While good hair care practices make a big difference in terms of healthy hair, what we put inside our bodies makes an even bigger difference.

Eating the right foods can help you achieve your hair care goals. The Ultimate Hair Growth Guide has several chapters dedicated to diet.

A slight vitamin or nutrient deficiency in your body can trigger a hair loss episode. I learned this the hard way when I had low iron levels over a period and didn't realize it until I went in for testing after I discovered a bald patch in my crown area.

A well-balanced, healthy diet nourishes your body, optimizes bodily functions, and reduces inflammation.

The foods recommended in this e-book have been proven to help achieve optimal hair health and growth. Incorporating some or most of them in your diet will make a difference in the long run when combined with the other things you are doing externally.

If you're allergic to something, find a similar item in the same food group. I have also made alternative recommendations for foods people are commonly allergic to.

It starts with what you put in your body and what you don't put in it. Healthy and beautiful hair starts with your diet.

# NUTS

Nuts contain a wide variety of unsaturated fatty acids that offer a lot of nutritional benefits crucial to healthy hair growth.

Nuts contain protein, phytochemicals, omega-3 fatty acids, zinc, selenium, L-arginine, vitamin B7 (biotin), and vitamin E.

L-arginine is an amino acid that helps the body build protein. Vitamin E increases circulation to the scalp and enhances the quality and texture of new hair growth. In addition to making hair soft and shiny, vitamin B7 (biotin) stimulates hair growth and prevents hair loss.

Vitamin E deficiency leads to dry and brittle hair, so you do not want to skimp on this vitamin requirement. However, not all nuts were created equal. The best nuts for hair growth include:-

- Almonds
- Brazil nuts
- Butternuts, aka white walnuts
- Cashew nuts
- Chestnuts
- Hazelnuts

- Macadamia nuts
- Pecans
- Peanuts
- Pine nuts
- Pistachios
- Walnuts

The US FDA recommends about 3g of omega-3 fatty acids daily, which you can easily get with a 1/4 cup of any of the nuts recommended above.

Almonds and pine nuts are particularly rich sources of vitamin E, while hazelnuts, walnuts, cashew nuts, almonds, and pecans are rich in L-arginine.

Though they are healthy, nuts have high-calorie content, so keep this in mind when grabbing a handful to snack on while on the go. Eating the recommended amount is just fine.

Nuts should be raw or dry roasted and not covered in salt, sugar, chocolate, or some other high-calorie topping. Overprocessing nuts means they've lost many of their benefits.

You can also get these benefits by using the related nut oils on your hair. This is discussed in greater detail in **How to Grow Your Hair Healthy & Long with Natural Oils: Using Natural Oils for Optimal Length and Growth**.

## OTHER WAYS TO GET NUTS IN YOUR DIET

- Soak a cup of your preferred nuts in water overnight, blend the next morning, and drink. This doesn't last very long, though, so use up ASAP.

- For added protein and creaminess, you can use the blended nuts in desserts and smoothies.
- Use the blended nut milk to make pasta.
- Turn the nuts into nut butter. The best nut for this is the almond. Almond butter has the fewest calories per serving, but you can convert any nut into butter. You can buy it in supermarkets, but it's best to DIY it at home, which can be achieved with simple tools.
- Convert nuts to flour and use as a substitute for gluten-free pancakes and waffles.
- Sprinkle nuts as toppings on salads for extra crunchiness.
- Nuts can be blended with olive oil, spices, and herbs for salad dressing.
- Need some extra creaminess in soups, stews, and sauces? Add blended nuts.

# SEEDS

Seeds contain zinc, iron, selenium, vitamins A, E, K, and essential fatty acids. They are also rich in L-lysine, another amino acid that helps the body build protein and promotes healthy and stronger hair growth.

Additionally, these seeds contain anti-inflammatory properties. What seeds are most valuable for hair growth?

## CHIA SEEDS

Chia seeds contain 23% protein, which can help restore strength and thicken hair. They also contain amino acids and a significant amount of copper, which can combat grey hair.

## FLAXSEEDS

Flaxseeds are high in omega-3 and omega-6 fatty acids, which are excellent for nurturing hair follicles and promoting elasticity.

They also contain lignans, a polyphenol that promotes healthier digestion, boosts metabolism, and improves gut health. An optimal internal system means healthier hair growth.

## SUNFLOWER SEEDS

Sunflower seeds are an abundant source of vitamin E, as well as protein, zinc, selenium, biotin, potassium, copper, iron, B vitamins, magnesium, and calcium, as well as omega-6 fatty acids.

## POPPY SEEDS

Poppy seeds contain omega-3 and omega-9 fatty acids. They also contain vitamin B5, thiamine, folic acid, and potassium. However, what sets these seeds apart is the incredibly rich dietary iron content.

Low iron levels can lead to hair loss and prevent healthy hair growth. Other rich nutrients include copper, which prevents grey hair, and manganese.

## PUMPKIN SEEDS

Pumpkin seeds are a rich source of omega-3s, biotin, thiamine, niacin, iron, riboflavin, and pantothenic acid, all vital for hair growth and soft, shiny hair.

Pumpkin seeds also contain a unique amino acid called cucurbitacin, which may be responsible for their effect on hair growth.

Pumpkin seed oil is one of my top recommendations in oils for hair loss in **How to Grow Your Hair Healthy & Long with Natural Oils**.

## HEMP SEEDS

Though in the same family as Cannabis sativa (marijuana), hemp seeds have no narcotic properties.

Hemp seeds have the perfect 3:1 balance of omega-3 and omega-6 fatty acids. They contain a high amount of protein — higher than chia seeds and flaxseeds.

Hemp seeds also contain iron, zinc, calcium, sulfur, magnesium, sodium, potassium, and phosphorus.

Additionally, they contain vitamins A, B1, B2, B3, B6, D, and E. They have a mild nutty flavor and are easy to eat as a snack.

## SESAME SEEDS

Sesame seeds are highly nutritious. They contain niacin, folic acid, thiamine, pyridoxine, and riboflavin. It's also a significant source of vitamin K, a mineral very important for healthy bones.

Additional minerals include sesamol and sesamin, essential fatty acids that support cardiovascular health and lowers cholesterol levels. The copper content also helps prevent grey hair.

Sesame seeds come in different colours with the best variety being black. As they aren't hulled, they retain all of their nutrients.

## HOW TO EAT SEEDS

All the seeds above have excellent benefits, but combined with your diet, they pack a nutritional punch. Below are some excellent combinations:-

- Chia seeds, flaxseeds and/or hemp seeds can be added to daily smoothies before blending. Two tablespoons each per 8oz cup of smoothie is adequate.
- Sesame seeds can be used to make tahini, a key ingredient in hummus, a popular Middle Eastern dip. You can sprinkle chia or poppy seeds on top just before eating.
- Sesame seeds can be used to top stir-fried, sautéed and rice dishes. Very popular in Asian cooking.
- Poppy and sesame seeds can be used as toppings in baked goods such as bagels, muffins, and cakes.
- Poppy and sesame seeds can be garnishing for puddings, salads, and almost any dish.
- Sunflower and pumpkin seeds can be used to make seed butter like nut butter. Different seeds can also be mixed to make butter, but the taste might be surprising.
- Sunflower, pumpkin, and hemp seeds can be midday snacks eaten raw or mixed in with a meal.
- Pumpkin seeds can be toasted as well for a smoky flavor.

## RECOMMENDED SEED BRANDS

- Navitas Organic Chia Seeds
- Now Foods Certified Organic Flax Seed
- Bob's Red Mill Shelled Sunflower Seeds
- Simply Organic Poppy Seed
- Bob's Red Mill Pumpkin Seeds
- Navitas Organics Hemp Seeds
- Simply Organic Sesame Seeds

You can find all my seed recommendations on my carefully curated Amazon store **HERE**.

Once you open a pack of seeds, pour them into an airtight container and store them in a refrigerator for a longer shelf life. As they are high in calories, eat these seeds in moderation as part of a healthy diet.

All the seeds discussed in this section are also available as oils, which can be used in your hair care regimen.

This is discussed in detail in **How to Grow Your Hair Healthy & Long with Natural Oils: Choose the Right Oils & Learn How to Use Them for Optimal Growth**.

# LEAFY GREENS

Dark leafy greens contain vitamins A, C, E, K, and phytochemicals that aid in healthier and stronger hair growth. They also contain a large amount of water, which can help keep your body hydrated, leading to soft and supple hair.

Water is one of the most important things for healthy hair growth. If you have a healthy diet, chances are you're already eating more than your fair share of these dark leafy greens:-

- Broccoli
- Collard greens
- Kale
- Spinach
- Endive
- Rocket leaves (arugula)
- Romaine lettuce
- Swiss chard
- Turnip greens
- Watercress
- Mustard greens

You can consume them as close to raw as possible in a salad, but you can also steam or sauté (my favorite) most of them for a change or make green smoothies. You can also add them to soups and casseroles.

You don't have to add all these leafy greens to your diet, but two to three every week can make a huge difference. Green smoothies can help you get even more in.

# BERRIES

Quite a few berries fall into the superfoods category. Superfoods are classified as nutrient-filled foods high in antioxidants and amino acids that help the body fight free radicals and optimize immune system function.

Many studies have expounded on the huge benefits of berries due to their high concentrations of anthocyanin, a potent antioxidant. These berries also contain a broad spectrum of vitamins and minerals required for healthy hair growth, such as beta-carotene, quercetin, and vitamins A, B, C, E, and K.

If you love smoothies, you know this is where you can get all the berries you want. You can mix and match any number of berries every morning or after a workout to get all the nutrients from berries.

- Acai berry
- Bilberry
- Blackberry
- Blueberry
- Camu Camu berry
- Chokeberry
- Cranberry

- Goji berry
- Maqui berry
- Mulberry
- Raspberry
- Sea-buckthorn berry
- Strawberry

Two cups of berries are fine for your daily smoothie. You could use one cup of each type, half a cup of each type, or even 1/4 cup. It's up to you. If you're mixing it with other things, you may not need as much as two cups.

Another way to incorporate berries into your diet is to use them in your breakfast bowl or as a topping for pancakes and toast. You can also make berry salads. Berries liven up most salad dishes and make them more interesting to eat.

Berries can be bought fresh in large quantities or frozen. Frozen berries can last up to a year in the freezer. If you have garden space, you can also grow and freeze them. Most berries are easy to grow and maintain.

Some of them are also available in powder form, but  I found the taste a bit off, so it's down to personal preference.

# CRUCIFEROUS & OTHER VEGETABLES

Vegetables from the cruciferous family contain large amounts of vitamin C and folate. They also contain components that can help fight and prevent hair loss.

Eating several servings of cruciferous vegetables every week lowers inflammation in the body and prevents tissue damage.

They can be eaten raw, steamed, sautéed or roasted. They can also be mixed in the same dish. Cruciferous vegetables include:-

- Arugula
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Collard greens
- Daikon radish
- Kale
- Cauliflower

- Bok Choy
- Horseradish
- Kohlrabi
- Mustard greens
- Rutabaga
- Turnips
- Watercress
- Wasabi

While below aren't cruciferous vegetables, they also help promote healthier hair growth based on their profiles:-

- Carrots
- Sweet potatoes
- Yellow capsicum

# LEGUMES

Legumes are a significant source of iron-rich protein, which is perfect for building keratin, one of the key components of hair.

If you are anemic or have low iron levels, upping your intake of these foods will help eliminate hair loss, which is one of the side effects of low iron levels.

Other nutrients include biotin and zinc, which promote faster hair growth. What falls under legumes?

- All types of beans - kidney, fava, pinto, lima, butter beans, etc.
- Peas
- Lentils
- Chickpeas
- Quinoa

Raw legumes contain anti-nutrients and toxic substances, so they must be soaked, boiled, or steamed before consumption. You can make many dishes out of these legumes, especially if you're a vegetarian.

Where I come from, we have seven different dishes that can be made out of red and white beans.

In India, lentils are a staple diet, and chickpeas are the main ingredient in hummus, a Middle Eastern dip.

Quinoa has become very popular over the last ten years and can be added to almost anything. A green salad with quinoa as a base is very good for you.

# ORGANIC ANIMAL PROTEIN

Eating animal protein is controversial, so if this doesn't appeal to you, move on to the next section of recommendations.

Small quantities of organic animal protein, such as salmon, beef, chicken, lamb, and pork, help with hair growth.

Animal protein contains a lot of zinc, an essential mineral necessary for cellular metabolism and immune function. It is also effective for healing psoriasis and dermatitis. Zinc deficiency leads to lifeless-looking hair.

You don't have to eat all of the animal proteins. I usually eat salmon and chicken.

If you're a strict vegetarian, an alternative source of the same amount of zinc would be foods recommended in the legumes section, spinach and mushrooms.

However, you would need to eat a lot of it to get the same amount of zinc as you would from meat.

# HEALTH POWDERS

The items listed here also fall into the superfoods category. They are packed full of antioxidants, micronutrients, and, in some cases, chlorophyll.

Chlorophyll is essential to photosynthesis, the process through which plants convert carbon dioxide to oxygen. Nutrients found in chlorophyll include vitamins B, C, D, E, and K, calcium, protein, folic acid, and potassium.

However, the most amazing thing about chlorophyll is its magnesium content, which does the same work as hemoglobin in the body — another win for recovering from low iron levels.

Another pleasant benefit of chlorophyll includes healthier and faster nail growth. If your nails bend and chip easily, it will also help strengthen them. The powders that fall into this category include:-

- **Camu camu powder:** While this powder isn't in the same league as the ones below, it contains more vitamin C than an orange and amino acids. Just 1/2 teaspoon is enough. Shiny, glossy hair is one of the benefits of including this powder in your diet. Try California Gold Nutrition Organic Camu Camu Powder.

- **Maca powder**: It contains protein, calcium, zinc, iron, and vitamins B1, B2 and B3. It also contains copper, which plays an important role in shiny hair and delaying grey hair.
- Spirulina powder (contains chlorophyll)
- Chlorella powder (contains chlorophyll)
- Moringa leaf powder (contains chlorophyll)
- Wheatgrass powder (contains chlorophyll)

## HOW TO INCLUDE HEALTH POWDERS IN YOUR DIET

- If you're thinking of eating it as it is, don't. They taste awful on their own. The most effective way to include it in your diet is via smoothies. You can pair it with the berries recommended above for a super-powered smoothie.
- If you make your energy bars at home, you can include any of the above in the recipe.
- Mix one to two tablespoons with pureed vegetable soups.
- Any of the powders can also be mixed with sauces and gravies. This will barely affect the taste of the dishes.
- They can be added to baked goods.

Which powder (s) you choose depends on your taste buds and dietary needs, but those with chlorophyll are at the top of the list, especially if you're not into eating green vegetables in everyday life.

# NATURAL OILS

While the body can benefit from most natural oils in one form or another (I've covered over 60 types of natural oils on the website), some natural oils, when included in the diet, help promote healthier hair growth.

You can add one tablespoon of any of the oils below to your smoothies or breakfast bowl every morning:-

## COCONUT OIL

Coconut oil is extracted from the kernel of mature coconuts, which are harvested from the coconut palm, Cocos nucifera.

It has properties that mimic protein and contains vitamin E. Additionally, it aids in digestion and helps boost metabolism.

It also gives smoothies a smoother consistency and subtle taste. You can also cook with coconut oil, as it can withstand high temperatures. Try Garden of Life Organic Coconut Oil or Nature's Way Organic Coconut Oil.

## HEMPSEED OIL

Hemp seed oil is an organic superfood rich in omega fatty acids and plant protein.

It has the ideal balance of omega-3 and omega-6 fatty acids. Additionally, hemp seed oil consumption helps reduce hair shedding.

High heat degrades the effectiveness of hemp seed. As an alternative, add hemp seed oil to salad dressing instead. You can cook with the oils below via sautéing and including them in salad dressings. You can also use them in sauces and gravies. Try Nutiva Organic Hempseed Oil or Just Hemp Foods Hemp Seed Oil.

## ARGAN OIL

Due to its high vitamin E content, argan oil is excellent for helping hair combat breakage and improving nail growth.

The oil is produced from the green nut of a tree native to Morocco.

Ensure you use culinary argan oil, which is different from the brand used for cosmetic purposes.

You can find out the differences between culinary argan and cosmetic argan oil in **THIS ARTICLE**. Try Now Solutions Organic Argan Oil and Acure Essentials Moroccan Argan Oil.

## OLIVE OIL

Rich in vitamins E & K and heart-healthy essential fatty acids, olive oil enhances soft and shiny hair and strengthens hair follicles.

Try La Tourangelle Extra Virgin Olive Oil and Spectrum Essentials Organic Extra Virgin Olive Oil.

## RED PALM OIL

With a high beta-carotene content and a similar structure to coconut oil, red palm oil is a welcome addition to any diet.

It also contains squalene and CoQ10, antioxidants that protect the body from free radical damage and fight aging.

Try Nutiva Organic Red Palm Oil or Trader Joe's Organic Red Palm Oil.

## PISTACHIO OIL

Pistachio oil is expensive to produce and isn't very common in hair care because of this.

However, a few tablespoons are all you need for cooking. It's another oil rich in vitamin E. Try La Tourangelle Pistachio Oil.

## SESAME SEED OIL

Sesame seed oil has a significant amount of vitamin K, a mineral very important for bone health.

It also contains sesamol and sesamin, fatty acids that support cardiovascular health and lowers cholesterol levels.

It's a common ingredient in Asian cooking and can withstand high temperatures.

Try La Tourangelle Sesame Oil, EdenFoods Organic Sesame Oil, or Flora Certified Organic Sesame Oil.

# FRUITS

## AVOCADOS

Avocados are rich in omega-3 fatty acids, vitamins B, C, E, and K, as well as lecithin, potassium, and amino acids.

It has one of the highest protein content of any fruit at 4 grams per avocado.

Avocados make hair supple and strong and promote elasticity. It also promotes shiny hair.

Avocado is the main ingredient in the popular Mexican dish guacamole, but it can be added to just about any dish.

You can also garnish most dishes with a few slices of fresh avocado. Mexico and California are the world's largest producers of avocados.

## PUMPKINS

Pumpkin seed oil is recommended in the oils for hair loss chapter of How to Grow Hair Healthy & Long with Natural Oils, and for good reason.

Additionally, pumpkin seeds, featured earlier, are among the seeds recommended for healthier hair growth, but what about the orange flesh within the fruit?

You can get some of the same benefits for hair — a rich supply of nutrients to hair follicles.

Pumpkins are part of Thanksgiving dishes in the United States, and you can find many different dishes and soups that can be created with pumpkins, so it should be easy to incorporate them into your diet.

## POMEGRANATES

Pomegranate seeds might take forever to remove from the shell, but with so many benefits for hair, it's worth the trouble.

Pomegranates contain vitamins C and K, copper, zinc, and iron.

They’re also a source of punicic and ellagic acids, powerful antioxidants that promote cell regeneration.

Add pomegranate seeds to your smoothies or drink pomegranate juice everyday to avail all the benefits.

## MANGOSTEENS

The mangosteen is a tropical fruit that grows in Asia. In the US, it was deemed illegal until 2007 because it was believed to harbor the Asian fruit fly.

Mangosteens are a prime source of xanthones, a potent antioxidant that eliminates free radicals that cause inflammation and other issues in the body that may be causing hair loss.

Add mangosteen juice to your liquid intake every day to get the best benefits of this super fruit.

# OTHER IMPORTANT FOODS

## YOGURT

Yogurt is rich in calcium, protein, and vitamins B5 and D - strengthening and bone-building minerals.

In addition, yogurt contains a healthy amount of vitamin B12—one of the nutrients people who avoid animal products lack.

Eating more yogurt can help close the gap. The best types of yogurt contain live and active cultures. These ingredients help maintain the necessary balance of bacteria in the gut, which can clear out harmful microorganisms that contribute to the non-optimal functioning of the immune system.

Brands like Stonyfield Farms Fat-Free Smooth and Creamy and Yoplait Light Thick and Creamy are good options. Greek yogurts are also very good.

## EGGS

Another excellent source of protein, vitamins B12 and biotin, and omega-3s.

Eating eggs is one of the foods you should include in your diet if you're suffering from anemia, which also leads to hair loss.

Biotin strengthens hair, while the high-quality protein contained in eggs promotes

For healthier hair growth, eat both the yolk and the egg white, although the yolk contains most of the protein.

## OYSTERS

Oysters are extremely rich in zinc, an essential mineral for healthy hair. Not enough zinc in your diet means dry and flaky scalp as well as breakage.

Additionally, they contain selenium, iron, and protein. While you shouldn't eat them every day, it doesn't hurt to include them in your diet a few times a month, especially if you suffer from low iron levels.

## BLACK STRAP MOLASSES

Blackstrap molasses is made from sugar cane syrup. The syrup is boiled three times.

Once the sucrose has been crystallised, the leftover by-product is a dark, viscous substance, which is known as blackstrap molasses.

Blackstrap molasses contains significant amounts of vitamin B6 and minerals such as calcium, magnesium, iron, potassium, and manganese. 1 tablespoon of blackstrap molasses provides up to 20% of each nutrient's recommended daily value.

each of these nutrients. Mix it with a cup of boiling water, drink through a straw once cooled, or mix a tablespoon into baked beans.

You can also use it as marinade ingredients in fish, meat and poultry. Blackstrap molasses is also used in baking. Try Wholesome Sweeteners Organic Molasses.

## OATS

Oats contain B vitamins, zinc, protein, copper, phosphorus, potassium, magnesium, and iron.

A bowl of oatmeal every day is a great way to get these nutrients into your diet. Soak the oats overnight before eating to get the most nutritional value out of a cup.

You can also make natural energy bars from them or include 2 tablespoons in your daily smoothie.

For an even more nutritious experience, add 1 tablespoon of health powder and sprinkle with a handful of healthy seeds or nuts.

# INTERESTED IN MORE HAIR GROWTH TIPS, RECIPES & RESOURCES?


Book 2 in the Healthy Hair Care Series explores more than 30 effective techniques and recipes designed specifically to combat hair loss, bald spots, excessive shedding, and thinning areas.

With step-by-step instructions, insightful tips, progress pictures, ready-made regimens, and more, The Ultimate Hair Growth Guide not only provides solutions but also empowers you to confidently and efficiently take control of your hair journey.

Each technique has been tested and is expected to deliver results when practiced correctly. Expect focused, well-outlined solutions that you can use one at a time to turn around your problems.

Subscribers can grab 10% off this and any book in the series with code hnhp10 **HERE**. All the books in the Healthy Hair Care Series were updated in 2024.

# AFTERWORD

If you're thinking, *"Am I supposed to eat all these foods to have healthy hair?"*, the answer is no.

You don't have to eat all of the foods recommended in this e-book, but you do have to eat at least a few from each category to optimize your internal functions and achieve healthier hair growth.

The differences are subtle, too, but if you keep a detailed journal about your hair, you will begin to notice the difference over time once you build a better diet for your body. Remember, healthy hair starts from within.

You can stay connected with Healthy Natural Hair Products via the following ways:-

- ***Facebook @healthynaturalhairinformation***
- ***Twitter @healthyhair4eva***
- ***Pinterest @healthynaturalhairproducts***
- ***Instagram @healthynaturalhairproducts***

If you enjoyed this free resource or have any questions after reading it, please leave a review or comment on the website **HERE**. Thank you.

# Fine Print

The information contained in this e-book isn't meant to diagnose or treat any conditions. What works for one person may not work for the other.

Always be in tune with any changes in your body, hair or skin as it relates to your regimen and adjust accordingly.

If you have any major health issues, always consult your physician before engaging in activities that will have bearing on your condition.

# ABOUT THE AUTHOR

Abi is an author and consultant. She divides her time between her various hair, health, fitness, and beauty initiatives and her consultancy business, where she helps clients deliver on their business objectives.

She runs Healthy Natural Hair Products and Natural Oils for Hair and Beauty, both rich sources of information for healthy hair care, beauty, diet, fitness, weight loss, and much more. You can find out more at:-

- **www.healthynaturalhairproducts.com**
- **www.naturaloilsforhair.net**