

Western diet tied to adult acne

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"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.

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(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).

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