

10 Foods for Stronger Nails and Thicker Hair

Get tougher nails and thicker hair by filling up on these beauty-boosting foods.



Credit: Getty Images

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Beer

Beer is one of the [richest sources of silicon in the average diet](#), says research from the *Journal of the Science of Food and Agriculture*. "Silicon is a trace mineral thought to increase circulation to the scalp, which is good news for hair growth," says Rebecca Kazin, MD, dermatologist at the Washington Institute of Dermatologic Laser Surgery and the Johns Hopkins Department of Dermatology. That explains why a daily [10-milligram silicon supplement](#) was shown to reduce hair and nail brittleness after 20 weeks, according to the *Archives of Dermatological Research*. No need to go overboard, though: Most single servings of beer contain more than 10 milligrams of silicon. Experts recommend that having no more than one drink a day if you're a woman, and two if you're a man.