

7 Food Fixes For Thinning Hair

Eat your way to fuller, stronger hair with these essential eats

SEPTEMBER 12, 2014 [JESSICA MIGALA](#)

2 COMMENTS



Your mouth-mane connection

1 /

Dealing with dull, weak, or thin strands? Take a look at what you're putting on your plate. There's a strong link between your overall nutrition and the state of your strands.

"One of the first ways I can tell how healthy someone is—and if they're eating nutritiously—is by looking at their hair," says Whitney Bowe, MD, a board-certified dermatologist based in New York City. Dull, thinning, or breakage-

prone stands can be dead giveaways that you aren't getting all the nutrients you need.

Load up on the following 7 foods to make sure you're getting the key nutrients your hair's craving.