

Best Foods for Healthy Hair

Get luscious locks by chowing down on these hair-healthy foods.

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FIRST PUBLISHED DECEMBER 20, 2011

Makeover Your Mane

While many shampoos are packed with vitamins, minerals and antioxidants, you can't nourish your hair from the outside, says [Elizabeth Somer](#), RD, author of [Eat Your Way to Sexy](#). "All those 'nutrients' are only rubbed on the outside, then washed off at the next shampoo. Instead, nourish your hair (along with your skin, eyes and nails) with a healthy diet that delivers nutrients to the hair shaft while it is still inside the scalp and also remove toxic substances." However, because what you eat only affects new hair growth, you'll need to be patient to see results. Here are the foods to add to your daily diet today to get a gorgeous head of hair in six months to a year.

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Hemp Seeds

Don't be confused by the name, hemp seeds are actually very good for you—and your hair! They contain gamma-linoleic acid, an omega 6 fatty acid that helps stimulate hair growth as well as maintain its overall health, says [Ashley Koff](#), RD, co-author of [Mom Energy](#).

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Hemp seeds and oil are the only viable food source for gamma-linoleic acid, but you can also get it through evening primrose oil or black currant seed oil supplements, says Koff.