



OLIVE OIL

Why it's hair-friendly "The polyphenols in olive oil help control inflammation, which can damage hair follicles, especially as you get older," says nutritionist Oz Garcia. Plus, olive oil is rich in healthy fats. **How much?** Drizzled over salad or used as a dunking sauce for bread, 1 tablespoon per day is ideal.

GRASS-FED BEEF

Why it's hair-friendly Beef provides the most "bio-available" iron of any food, meaning it's absorbed and processed by the body especially well. "Many women are deficient in iron, and this is a great source," says integrative doctor Frank Lipman. Why grass-fed beef over traditional grain-fed? It's considered nutritionally superior, with a higher ratio of good to bad fats. **How much?** As great as it is, don't go overboard; 4 ounces per week is plenty.

GREEK YOGURT

Why it's hair-friendly A smart alternative to the sugary, colorful stuff on most supermarket shelves, calcium-rich unsweetened Greek yogurt is steeped in probiotics, the "good bacteria" that aid digestion and boost the immune system. (A less-than-robust immune system can contribute to hair loss.) **How much?** 1 cup per day.

KALE

Why it's hair-friendly Folate, an essential B vitamin that replenishes hair cells, plays a starring role here. (A folate deficiency can trigger hair loss and early graying.) Kale also contains iron and key minerals like magnesium and zinc. **How much?** Aim for 2 cups per day.

QUINOA

Why it's hair-friendly Loaded with biotin, a B-complex vitamin known to strengthen weak hair, this high-protein seed is a great choice for anyone who is gluten-sensitive or vegetarian. **How much?** Up to ¾ cup per day.

WALNUTS

Why they're hair-friendly "Walnuts are excellent because of the zinc and fatty acids they provide," says Jackie Keller, founder of NutriFit, an L.A. meals service that counts Ginnifer Goodwin as a client. **How much?** They're high in calories, so limit yourself to ¼ cup per day.