

Hair Care Starts on Your Plate

8 Foods for Healthier, Stronger Hair — and How to Include Them

Hair health isn't only about oiling, shampoo, or serums — what you eat plays a real role in hair strength, growth, and shine. This guide lists 8 foods, colour-coded by the nutrient they're best known for, along with why each one supports hair and a simple way to work it into your daily diet. Hair growth is a slow process, so consistency over months matters far more than any single "miracle" food.

Colour Key

Protein & Biotin	Omega-3	Iron & Vitamin A	Vitamin E	Vitamin C
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The 8 Foods

Food	Nutrient	Why It Helps Hair	How to Include It
1. Eggs	Protein & Biotin	Rich in biotin and protein, both essential building blocks for hair strength and growth.	Include 2-3 eggs a day as part of breakfast or a post-workout meal.
2. Walnuts	Omega-3	Provide omega-3s and vitamin E, supporting scalp health and natural shine.	A small handful (4-5 halves) daily, plain or added to oats and smoothies.
3. Spinach (Palak)	Iron & Vitamin A	High in iron and vitamin A, helping supply oxygen and nutrients to hair follicles.	Add to dal, palak dishes, or smoothies with a squeeze of lemon for better iron absorption.
4. Fish (or Soybean for Vegetarians)	Omega-3	Omega-3 fatty acids support scalp health and help reduce inflammation that can affect hair growth.	Include fish 2-3 times a week, or soybean/tofu as a vegetarian omega-3 source.
5. Sweet Potato	Iron & Vitamin A	Rich in beta-carotene, which converts to vitamin A and supports healthy sebum production for scalp moisture.	Swap regular potato for sweet potato a few times a week, roasted or boiled.
6. Sunflower Seeds	Vitamin E	High in vitamin E, which supports scalp circulation and protects hair from oxidative damage.	Sprinkle over salads or curd, or eat roasted as a snack.
7. Amla (Indian Gooseberry)	Vitamin C	Traditionally used for hair health, rich in vitamin C which supports collagen production for hair strength.	Eat one fresh amla, or have amla juice a few times a week.
8. Almonds	Protein & Biotin	Provide biotin, magnesium, and vitamin E, all linked to healthier hair growth.	A small handful, soaked overnight and eaten in the morning.

Building a hair-friendly routine: Aim to include one protein/biotin source, one omega-3 source, and one vitamin C or iron-rich food across your day — for example, eggs at breakfast, walnuts as a snack, and spinach or amla with lunch. Small, consistent additions matter more than occasional large ones.

Note: Diet supports hair health but works gradually alongside genetics, stress, and hair care habits. If you're experiencing significant hair thinning or loss, it's worth checking with a doctor to rule out underlying deficiencies or conditions.