

12 BEST FOODS FOR HAIR GROWTH



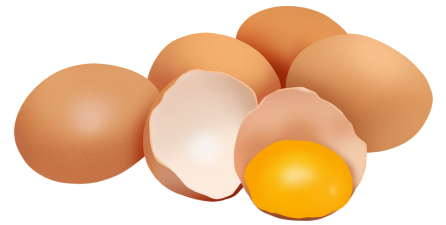
Salmon

Rich in omega-3 fatty acids and protein for stronger, thicker hair.



Spinach

Loaded with iron, vitamins A and C for improved blood circulation to the scalp



Eggs

Packed with protein, biotin, and essential vitamins (D and B12) to promote hair growth



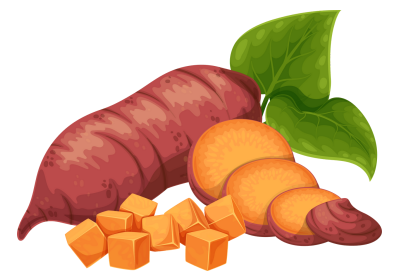
Nuts & Seeds

Full of essential fatty acids, biotin, vitamin E, and zinc for hair strength and thickness



Walnuts

Omega-3s, biotin, vitamin E, and copper to nourish the scalp and promote hair growth



Sweet Potatoes

Beta-carotene, vitamin A, and vitamin C for moisturized and healthy hair



Berries

Antioxidants and vitamin C to protect hair follicles and enhance hair strength



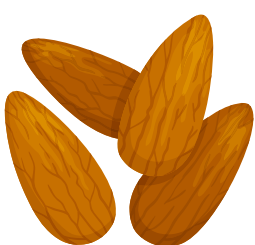
Greek Yogurt

High in protein and vitamin B5 for thicker and stronger hair



Lentils

Loaded with protein, iron, and biotin to support hair growth



Almonds

Vitamin E, biotin, and healthy fats for promoting hair growth and strength



Leafy Greens

Vitamins A and C, iron, and biotin for lustrous and thick hair



Avocado

Healthy fats, vitamins (E and B), and minerals for a nourished scalp and hair growth