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Good Food for Good Hair



Lean Meats and Seafood

These foods are rich in [protein](#), which is a building block for new hair follicles, Sass says. "Without enough high-quality protein in the diet, hair can become fragile and break," Moon explains. She adds that oysters, crab, beef and pork are also great sources of zinc, which can be crucial to preventing hair shedding and loss. Vegans and vegetarians can get their zinc from fortified breakfast cereals, and their protein from tofu, edamame and beans, according to Dr. Susan Mitchell, a registered dietician and Fellow of the American Dietetic Association.