

# Eat Well ... Look Swell!



Want glowing, vibrant, younger-looking skin? Look no further than your diet. The healthier the foods you put in your body, the better your skin will look on the outside. On the flip side, if you are lacking nutrients essential to healthy skin, it will aggravate conditions such as acne, eczema or psoriasis.

## The Healthy Skin Diet

Improving your skin is easy; incorporate these foods and beverages into your diet to reap the benefits:

- **Low-Fat Dairy.** These foods contain bountiful amounts of vitamin A, which promotes the health of skin cells. Low-fat yogurt is especially high in vitamin A and acidophilus, the live bacteria that promotes intestinal health. Plus, good digestion is correlated with healthy-looking skin.
- **Blackberries, Blueberries, Strawberries and Plums.** These fruits contain high levels of antioxidants. When the skin forms free radicals after sun exposure, the membranes of the cells become damaged. However, the antioxidants in these fruits can protect cells so there is less damage suffered by the skin. Another plus: Antioxidants guard against premature aging.
- **Salmon, Walnuts, Canola Oil and Flaxseed.** These foods are rich in essential fatty acids, which provide benefits to cell membranes responsible for protecting the cells in your body.
- **Healthy Oils.** Cold-pressed, expeller-pressed or extra virgin oils keep the skin lubricated and looking healthier.
- **Whole-Wheat Bread, Muffins and Cereals; Turkey, Tuna and Brazil Nuts.** These foods contain selenium, which is proven to prevent further sun damage in already-damaged skin.
- **Green Tea.** This powerful beverage has anti-inflammatory benefits and serves to protect cell membranes, and may even prevent or reduce the risk of skin cancer.
- **Water.** In addition to keeping your cells hydrated, this beverage helps to move nutrients through the body and pushes toxins out. This will leave your skin looking healthy and radiant. Also, when the body is properly hydrated, you sweat more efficiently, which keeps the skin clear and young-looking as well.