

ProMD Health

# BEST FOODS FOR HEALTHY SKIN



# How Does Food Affect Your Skin?

**Achieving firmer and younger-looking skin begins a nourishing diet.**

Did you know that the food you eat not only affects your overall health but also plays a crucial role in the condition and aging of your skin? There is no singular superfood exclusively for skin health. Rather, it is the comprehensive dietary pattern that holds significance and impact.

A diet rich in the following foods can do wonders for your skin's well-being:

## Vitamin-C Rich Fruits and Vegetables

Benefits of vitamin C for skin include boosting collagen, quicker healing, and clear and bright skin,



### Citrus Fruits

Oranges, limes, and lemons are rich in vitamin C, boosting collagen production for youthful and healthy skin.

### Pineapple Juice

This juice is rich in vitamin C and antioxidants. Fresh pineapple juice treats acne, fights sun damage, evens skin tone, and adds a youthful glow. It also delays cell aging.

### Cruciferous Vegetables

Greens are not only nutritious but also rich in vitamin C. Cruciferous veggies, with their cross-shaped flowers, are your daily dose of nutrients, antioxidants, and anti-inflammatory goodness.

### Tomato Juice

The lycopene in tomatoes acts as a natural sun protectant. This delicious fruit also has anti-inflammatory properties that prevent redness and puffiness.

# Nuts and Seeds

These nuts are packed with healthy vitamins and minerals like copper, zinc, vitamin A, C and E among others that aid in a glowing, smoother looking skin.



## Walnuts

These omega-3 rich nuts have anti-inflammatory properties. A handful promotes skin health, reduces fine lines, and boosts vitamin B.

## Cashews

Cashews are a potent acne fighter, rich in selenium and antioxidants. They promote hydrated skin, reduce inflammation, and aid acne healing with vitamin E and zinc.

## Almonds

Almonds are packed with essential fatty acids, protein, fiber, and vitamin E. This vitamin helps hydrate the skin, dilate blood vessels, and protect against acne, eczema, and dark spots.

## Brazil nuts

Packed with omega-3 fatty acids, these nuts are rich in selenium. Selenium enhances skin elasticity, reduces inflammation (such as acne), and combats free radicals. Add a handful or 30g of nuts to your daily routine for naturally radiant, healthy skin.

## Pistachios

Pistachios aid weight control, boost good cholesterol with heart-healthy fats, and regulate blood sugar levels, reducing acne by controlling androgen hormones.

# Polyphenols

Polyphenols, the powerful antioxidants, are abundantly present in a variety of foods. Polyphenols can also even reverse the effects of aging, like dark spots, fine lines and wrinkles. The following are among the richest sources of polyphenols:



## Tea and Coffee

Polyphenols and hydroxycinnamic acids found in coffee and green tea have been linked to potential benefits in preventing photoaging and hyperpigmentation.

## Grapes

Grapes are one of the richest sources of natural polyphenols, among which flavonoids are the most abundant. Grape seeds are a rich source of proanthocyanidins, which possess 50 times more antioxidant power than vitamin C.

## Olives

Olive polyphenols are known as potent antioxidants, capable of reducing and depressing inflammation, improving skin disorders like dermatitis, eczema and psoriasis, without side effects.

## Berries

Berries are high in polyphenols such as anthocyanins, flavonols, and phenolic acids. It's worth noting that anthocyanins, polyphenols responsible for the color of some fruits and vegetables, are mainly present in the skin.



## Fruits and Vegetables Rich in Beta-Carotene

Make sure to include cantaloupe, carrots, mangoes, and leafy greens in your diet. These foods contain beta-carotene, an antioxidant that reduces wrinkles and inflammation.



## Soy

Soy isoflavones mimic/block estrogen, offering skin benefits. In middle-aged women, 8-12 weeks of daily use reduces wrinkles and improves elasticity. In postmenopausal women, soy enhances skin moisture, collagen production, and protects against UV radiation, lowering skin cancer risk.



## Dark Chocolate

Dark chocolate is packed full of copper, iron, magnesium, and manganese. Manganese, for example, supports the production of collagen, a protein that helps keep skin looking young and healthy.



## Avocados

Avocados are rich in beneficial fats and are a great source of vitamins E and C, both of which play a crucial role in maintaining healthy skin. They also contain compounds that can prevent harmful sun damage.

# BOOK A FREE CONSULTATION TODAY



ProMD Health is a state of the art medical facility specializing in non-surgical aesthetic treatments and procedures to help patients Look Younger and Feel Younger. Whether your goals are prevention, treating a skin concern, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.