



When you think of eating healthy, do you consider the benefits nutrition has on your skin? If not, you should, as vitamins, minerals and nutrients do just as much good for your outer glow as your inner health.

Get yourself some paper and a pen, because it's time to update that grocery list. Boost the wellbeing of your skin with these healthy choices:

Blackberries, Blueberries, Strawberries, Plums – These foods benefit your skin because they have a high antioxidant content. They protect your cells from those pesky free radicals that damage the membrane of skin cells. Snack up with these sweet, healthy treats!

Tomatoes – Tomatoes are packed with lycopene, a phytochemical that helps eliminate skin-aging free radicals caused by ultraviolet rays. You'll get the most benefit from cooked tomatoes. Warm, eat, and protect yourself against sun damage.

Salmon, Walnuts, Canola Oil, Flaxseeds – Essential fatty acids (EFAs) are key to healthy skin, and these foods are full of them. EFAs are responsible for healthy cell membranes, which act as barriers to harmful substances as well as passageways for nutrients to cross in and out of the cells. The cell membrane also holds water in, so the stronger the barrier, the better your cells hold moisture. More moisture means younger-looking skin.

Canned Tuna, Whole Wheat Bread, Turkey, Brazil Nuts – If you want to keep your skin smooth and tight, you'll want to nosh on these foods, which are packed with selenium – a nutrient that preserves elastin. Selenium also prevents free radicals that are produced by UV rays, thus protecting skin from sun damage.

Green Tea – This beneficial beverage has anti-inflammatory properties and may even reduce the risk of skin cancer because it can reduce the risk of damage from ultraviolet light.

Water – This one's a no-brainer. Water keeps skin hydrated, and also helps move nutrients in and toxins out. Plus, good hydration keeps skin looking healthy and young. Pure, clean water, especially the kind that is high in minerals, is good for skin health, as well as overall health.

Sources:

WebMD: *Food For Healthy Skin: You Are What You Eat*
US News and World Report: *9 Best Foods for Your Skin*

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