



# Body Beautiful From the Inside-Out

## Make a Healthy Diet Your Beauty Secret

-- By Becky Hand, Licensed & Registered Dietitian – Spark People Inc.

Make a promise to your skin today to keep it nourished and rejuvenated from the inside out! Having healthy skin year-round begins with the foods you eat and drink. To get skin that you will be confident to show off every season of the year, devote some time each day to getting the necessary nutrients to stay hydrated and fight the signs of aging.

- **Drink plenty of water.** While the exact amount you should drink each day varies, no one can dispute the role of good hydration in keeping your skin looking healthy, young, and radiant. Experts agree that when the hydration comes from pure, clean water—NOT soda and fruit drinks—the skin cells rejoice! Aim for six to eight glasses every day.
- **Limit alcohol.**
- **Sip green tea daily.** This beverage contains polyphenols, which have anti-inflammatory properties that protect and benefit the skin's overall health. Enjoy one or two cups per day.
- **Avoid simple carbohydrates.** Foods such as cookies, pies, cakes, candies, and pastries can increase [acne](#) breakouts due to insulin spikes.
- **Nourish your skin.** Eating healthy foods can protect, repair, and slow the aging process. Check out the chart below for the top ten nutrients that provide beauty benefits.

Nutrient	Beauty Benefits	Food Sources
Vitamin A	Keeps skin soft and supple. Repairs skin cells and tissue. May help with acne control.	yellow vegetables and fruits, apricots, carrots, spinach, pumpkin, cantaloupe, milk, yogurt, cheese
Vitamin C	Helps counter the effects of sun damage, smoking exposure, and pollution. Assists in collagen production, giving skin strength and elasticity.	broccoli, bell peppers, citrus fruits, kiwi, strawberries, cabbage, pineapple, tomatoes, dark-green leafy vegetables
Vitamin E	Helps counter the effects of sun damage, smoking exposure, and pollution. Improves skin texture and helps prevent wrinkles.	almonds, avocados, peanuts, nuts, seeds, olives, asparagus, wheat germ, soybean and corn oils, dark-green leafy vegetables
Biotin	Helps produce nails, skin, and hair cells. Deficiency can cause	cooked eggs, rice bran, nuts, wheat germ, meats, oatmeal

	dermatitis and hair loss.	
Niacin	Smooths dry, flaky skin.	meats, pork, poultry, fish, legumes
Selenium	May help prevent skin cancer.  Helps counter the effects of sun damage, smoking exposure and pollution.  Produces healthy skin cells.	whole-grain products, seafood, meats, eggs
Copper	Forms elastic fibers that support the skin structure.	meats, nuts, seafood, dried beans and peas
Zinc	Can help control oil production and reduce acne lesions.  A deficiency can bring on acne.	wheat germ, meat, poultry, legumes, fish and seafood, whole grains, eggs
Essential Fatty Acids	Helps produce the skin's healthy, natural oil barrier.  Lubricates skin.  A deficiency can result in white heads and inflammation.	cold water fish, salmon, sardines, mackerel, flaxseed oil, safflower oil, canola oil, olive oil, walnuts
Antioxidants	Anti-inflammatory properties protect the membranes of skin cells.	green tea, blueberries, blackberries, strawberries

The real secret to beauty is no secret at all. Eating these healthy foods will provide the nourishment your skin needs daily, from the inside out. It is the first step to soft, supple skin and a glowing, radiant you!