

# 8 Foods to Promote Healthy Skin

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**1. Omega 3 Fatty Acids - “Go Fish, Nuts & Seeds”:** Omega 3 fatty acids are essential for human health and have amazing benefit for decreasing inflammation and helping with eczema and dry skin. Cold-water fish such as *salmon, tuna, mackerel, herring, trout, sardines, trout, and halibut* contain high levels of Omega 3’s. Research shows these can help decrease inflammation and risk of many disease states. Don’t like fish... try walnuts, toasted walnut oil, flaxseed, and chia seeds!



\* Consume cold-water fish 3-4 xs per week

\* Consume walnuts (1/4 cup), ground flaxseed, or chia seed (1-2TBsp)



**2. Carrots, Pumpkin, and Sweet Potatoes...oh my!:** These foods are loaded with vitamin A, which helps balance the pH of your skin's surface, making it just acidic enough to fend off harmful bacteria. The National Cancer Institute researchers found that people with the highest intakes of carotenoids—pigments that occur naturally in orange and yellow veggies—were six times less likely to develop skin cancer than those with the lower intakes. The carotenoids have been show to decrease the skin’s sensitivity to the sun.

**3. Brazil nuts & turkey?** Sounds like an odd mix but all these two foods are rich in the mineral *selenium*, which plays a key role in the health of skin cells. In fact, studies show that even skin damaged by the sun may suffer fewer consequences if selenium levels are high.

**4. Even Out Skin Tone with Soy (non-GMO)!** Soy contains isoflavones and properties that have shown to help with hyperpigmentation of the skin. Try edamame or soy nuts for a snack or try a new recipe that has tofu for a great plant based protein source!

**5. Select Sunflower Seeds:** These tiny seeds pack the most *natural vitamin E* of any food around. And no antioxidant is better at slowing down the aging of skin cells to keep you looking younger longer.

**6. Load Up on Water:** Good hydration is the key to healthy looking skin. Good water intake is also effective in maintaining weight, energy, and good bowel habits. Make an effort to drink throughout the day. Most need 60-100oz per day depending on their age, weight, and activity level.

**7. Calm with a Cup of Green Tea:** The skin-health assets in this drink are matchless due to the ECGG it contains. It has anti-inflammatory properties, protects the cell membrane, and may even reduce the risk of some cancers. An added bonus: Sipping on this super drink may also boost metabolism.

**8. Believe in Berries:** The high-antioxidant content of blackberries, blueberries, and strawberries yield countless healthy-skin benefits. Plus they are rich in water content to help meet your fluid needs as well!



**Practice the 4 “P”’s:** Plan; Pre-plate ; Portion; Participate (*eat slow, be mindful*)

Healthy eating has benefits for optimal energy! Focus on food you enjoy and remember - good habits start one step at a time. Consider making 1-2 changes you plan to make to better your health; write it down and “team up” to celebrate success.