

Nutrition and Your Skin

Proper nutrition helps promote good overall health and can help you maintain a healthy weight. However, a healthy diet also impacts many other parts of your general wellness, including skin health.

That's right! Proper skincare goes a lot deeper than what you put on your skin. What you eat can have a significant impact on your skin's health.

Here is a look at nutrients and food that can keep your skin looking and feeling its best:

Vitamin A

Benefits:

- Helps form healthy skin tissue
- Reduces signs of aging (a benefit of beta-carotene, a form of Vitamin A)

Found in:

- Yellow and orange fruits and vegetables, such as grapefruits, carrots, and squash
- Low fat dairy products like milk, yogurt, and cheese
- Eggs, meats, and fish

Protein

Benefits:

- Provides building blocks from which skin is made
- Strengthens skin cells, reduces signs of aging, keeps skin soft, and reduces the risk of sun damage (benefits of high-protein foods that contain Omega-3 and Omega-6 fatty acids, Vitamin E, and selenium)

Found in:

- Meat, poultry, fish, dry beans, eggs, nuts, and seeds

Antioxidants

Benefits:

- Reduces signs of aging, repairs damaged skin, and protects skin from further damage
- Improves acne

Found in:

- All fruits and vegetables contain high amounts of antioxidants, especially berries and dark, leafy greens

Meat in Moderation

Meat does a number of great things for our bodies, and is a great source of Vitamin A and protein. However, food from animal sources (except for skim milk that has been fortified with Vitamin A) tend to be high in saturated fat and cholesterol. Be mindful to eat these foods in moderation.

Sun Safety

Remember your sunscreen while enjoying spring's warmer weather to protect your beautiful skin from UV radiation. A broad-spectrum sunscreen that blocks UVA and UVB rays can help prevent burns, aging and skin cancers.

- Courtesy of NIH.gov; choosemyplate.gov;
and Amanda Dolan, M.S., R.D., L.D.N., Capital BlueCross

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Recipe Row: Green Juice

Ingredients (serves 8):

- 1 Granny Smith apple
- 2 celery stalks
- 1 cucumber, unpeeled
- 2-3 medium carrots

Directions:

Add all ingredients to your juicer. Hit the switch and bottoms up!

See more recipes and share your own tips for living healthy at capitalbluestore.com/blog.

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