

Top 10 Nutrition & Skin Tips

Dine on D foods.



If you don't get enough solar time, be sure to get vitamin D from foods like salmon, tuna, milk and fortified orange juice.

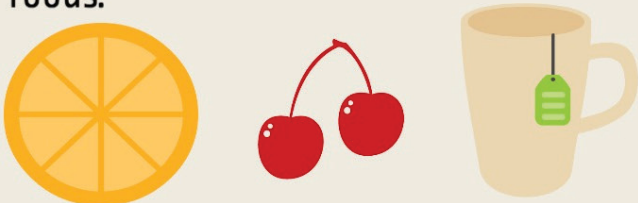
Go orange.

Orange-hued fruits and veggies contain beta carotene and vitamin C—two antioxidants that fight skin cancer. Try orange bell peppers, carrots and yellow squash.



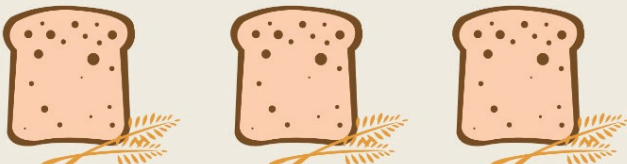
Pack on the polyphenols.

Beneficial compounds in plants protect your skin from sun damage and skin cancer. Enjoy citrus fruits, cherries, nuts, soy, green tea and other plant-based foods.



Down with Sugar.

Eating too many high-glycemic foods may contribute to acne. Choose whole grains, such as whole-wheat bread, instead of refined grains like white bread.



Drink Up.

Staying hydrated helps maintain skin thickness and density. Shoot for 8 to 10 glasses of water daily.



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Soak up some vitamin D.

UVB rays penetrate your skin to help your body make vitamin D, which plays a role in wound healing and helps prevent inflammation. Expose your arms and legs to midday sun for 5 to 30 minutes (less time if you burn easily) twice a week.



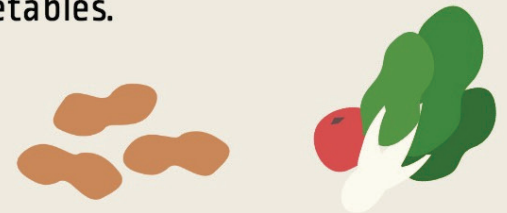
Make friends with fish.

Omega-3 fats may protect your skin from sun damage and reduce the signs of aging. Enjoy fatty fish, like salmon, twice a week or ask your doctor if you should take a fish oil supplement.



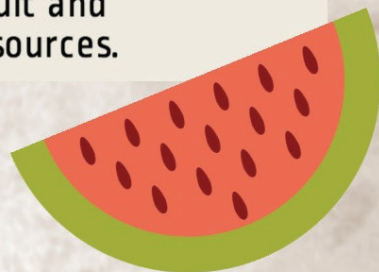
Eat a plant-based diet.

High meat and fat intake has been shown to increase risk of skin cancer in some people. Replace some animal protein with plant sources, such as beans, soy and vegetables.



Like Lycopene.

This antioxidant may reduce the inflammation associated with sunburn. Tomato paste, grapefruit and watermelon are good sources.



Watch Your Weight.

Obesity may affect your skin's ability to retain water and act as a barrier. Balance calorie intake with physical activity to maintain a healthy weight.

