



# Want healthy skin? Consider eating these special foods

Eating well is essential to staying healthy. A poor diet may adversely affect your metabolism and harm organs. Nowadays, more and more research on the relationship between food and health is pointing to the fact that one's dietary choices have a major impact on skin health as they age. If you want to get a glowing skin, the following foods can help!

## Avocados

Avocados provide a lot of good fats. A diet rich in the beneficial fats found in avocados was linked to flexible, elastic skin, according to a few researches. Some of the nutrients in the fruit also have a protective effect on the skin when exposed to the sun. They are also rich in vitamin E, an antioxidant that helps prevent skin damage caused by pollutants.

## Tomatoes

Your skin requires vitamin C to make collagen, the key structural protein that keeps skin healthy. These days, vitamin C deficiency is quite common. Nonetheless, tomatoes contain all three primary carotenoids, lycopene, lutein, and beta-carotene, and are therefore an excellent source of vitamin C.

They have the potential to delay the onset of wrinkles. To top it off, they may also shield your skin from pollution and blinding sunlight. To maximise carotenoid absorption, try eating tomatoes with fatty foods like cheese or olive oil.

## Dark chocolates

Want to indulge in chocolates? Well, good news, because cocoa has quite remarkable skin-care benefits! The antioxidants present in cocoa may help prevent sunburn and provide other potential benefits, including reduction of wrinkles, enhancement of blood circulation, and improvement of skin texture.

One research indicated that consuming 20 grams of high-antioxidant dark chocolate a day might protect your skin from UV radiation. To get the most out of it

while minimising additional sugar, you can choose dark chocolate that has at least 70 per cent cocoa.

## Colourful winter fruits and vegetables

The skin is protected from drastic cellular damage by the potent antioxidants found in fruits and vegetables. So, this winter, feast on a variety of colourful fruits and vegetables, at least five servings per day.

Your healthy skin will depend on the antioxidants beta-carotene and lutein, which are present in foods like kale, papaya, and spinach, as well as in orange-coloured foods like carrots, sweet potatoes, and pumpkins.

Passionfruit has the potential to improve skin health and protect it from oxidative stress. Be sure to also have enough of pomegranates, berries, and grapes on hand. The high polyphenol content aids in oxidant defence, skin structural maintenance, and anti-inflammation.

## Water

Needless to say, the skin needs moisture in order to maintain its elasticity. Even minor dehydration may cause dry, tired, grey skin.

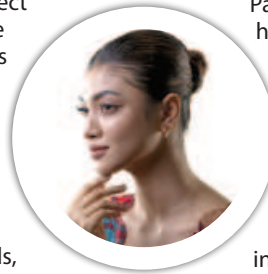
Drinking plenty of water is, thus, essential for good skin. The daily recommended intake of water by experts is six to eight glasses.

In fact, people who consume a lot of water are said to have fewer wrinkles and sagging skin and exhibit fewer indications of ageing. Moreover, some fruits and vegetables, like watermelon, zucchini, and cucumber also help you stay hydrated with the water and nutrients they contain.

In terms of skin health, what you eat makes a big difference. Therefore, as a whole, these foods are fantastic choices for you to maintain strong, healthy, and beautiful skin!

By Samayla Mahjabin Koishy

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