

# VitaMin



Vital health information in a minute

## KEY NUTRIENTS FOR HEALTHY SKIN

Eating healthy foods helps you stay healthy inside and out. The research on the best foods for skin health is limited. However, striving to eat a healthy diet overall can help you look good and feel good. These foods contain nutrients that may have a protective effect on the skin.<sup>1</sup>

### 1. Fish

Omega-3 fatty acids in fish help support the collagen in your skin, which helps keep skin firm.

- Lake trout
- Mackerel
- Salmon
- Sardines
- Tuna

### 2. Nuts and oils

Plant-based foods including nuts and oils offer another good source of omega-3 fatty acids.

- Canola oil
- Chia seeds
- Flaxseed
- Soy-based foods
- Walnuts
- Wheat germ

### 3. Fruits and veggies

Fruits and vegetables rich in lycopene and vitamins C and E can help support healthy skin.

- Apricots
- Berries
- Cantaloupe
- Carrots
- Citrus fruits
- Spinach
- Sweet potatoes
- Tomatoes

### 4. Chocolate

Dark chocolate contains antioxidants that may protect the skin. Choose dark chocolate that's at least 60% to 70% cocoa. Enjoy in moderation; just one small square (a few ounces) is enough.

#### Source:

1. Mayo Clinic. What are the best foods for healthy skin? <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/healthy-skin/faq-20058184> (last reviewed/updated December 17, 2019).