



## NATIONAL HEALTHY SKIN MONTH: **Nourish Your Skin From Within**

Your skin is your largest organ, so it is important to take care of it. Generally, what you eat that's good for your body is good for your skin too. A well-balanced plate filled with vegetables and fruits is the healthiest and simplest approach to supporting skin health. Learn more about skin-supporting nutrients and foods to include on your balanced plate.

**Carotenoids** or Vitamin A derivatives may protect against skin damage from UV radiation and skin cancer. Rich food sources: sweet potatoes, carrots, pumpkins, spinach, mangos, tomatoes, watermelon, red cabbage, grapefruit and guava

**Vitamins C** supports collagen synthesis and wound healing. Rich food sources: citrus fruits, bell peppers, strawberries, kiwi and broccoli

**Vitamin E** acts synergistically with carotenoids and Vitamin C and may protect against aging skin. Rich food sources: wheat germ, sunflower and safflower oils, peanuts, hazelnuts, almonds, sunflower seeds, spinach, avocado and salmon

**Vitamin D** may prevent sun-induced skin damage and skin cancer and protect against aging skin. Rich food sources: fortified cow's milk and non-dairy foods, fatty fish, egg yolk and mushrooms exposed to UV

**Omega 3 fatty acids** may improve skin barrier function, inhibit UV-induced inflammation and hyperpigmentation, attenuate dry skin, accelerate wound healing, prevent skin cancer and preserve collagen. Rich food sources: fatty fish, flaxseed, chia seeds, walnuts, soy foods, some eggs and canola oil

**Polyphenols** may protect skin from adverse effects of UV radiation, induce death of damaged unwanted cells, prevent tumor growth and have anti-aging effects. Rich food sources: dark chocolate, green and black tea, turmeric, grapes (red, purple or black), berries, citrus fruits, apples, soy, legumes, spinach, whole grain wheat flour, onions and dried herbs and spices

**Water** makes up 64% of your skin and keeps it hydrated so it will look plumper and have more elasticity. Rich food sources: celery, watermelon, strawberries, lettuce, cucumbers, oranges, apples, zucchini, cauliflower, low sodium soup & water