

DIET

Studies that measure skin wrinkling have proven that food intake can account for up to 30% of the variation in skin wrinkling, which is the obvious external expression of aging.

The list below are foods that are beneficial to your skin.

- 1.) Fruit – Berries (all kinds), but especially blueberries, honeydew, cantaloupe, apples, kiwi fruit, pears, peaches, plums, citrus fruit and pineapple (limited portions because it is high in sugar), prunes and apricots (dried or fresh).
- 2.) Vegetables – spinach, kale, broccoli, beans, all leafy greens, bell peppers, cabbage, tomato, leeks, asparagus, squash (orange colored)
- 3.) Protein – hair and muscle mass need it. Salmon, tuna, sardines, mackerel, trout, halibut, sole, chicken breast, turkey, low fat cottage cheese, soy, egg whites, shrimp, lean meat (small portions, grass fed and no cured meats).
- 4.) Fats – you need a certain amount of healthy fats to make your skin look good. Nuts (almonds, walnuts, macadamia) flaxseed oil, extra virgin olive oil (it is unrefined and rich in polyphenols) and avocado (limit quantities because it is high in fat, but the good kind)
- 5.) Complex carbohydrates – brown rice, grain, cereal, etc. No white flour, because it turns into sugar immediately.
- 6.) Ginger, herbs, and cinnamon can be used in your cooking.

Tip: magnesium and calcium in your diets combat bone loss. Magnesium is found in wheat germ, wheat bran, leafy green vegetables, fish, shrimp and barley.