

The Secret Foods for Glowing Skin

Skin plays a crucial role, constituting one-seventh of our total body weight. It acts as a superhero, shielding us from the sun, cold, germs, and harmful substances. While creams and sunblock are common practices, it is worth noting that maintaining a healthy diet serves as a hidden pathway to achieving radiant skin^[1]. Let us discuss in detail about essential foods for glowing skin.

Sunflower Seeds: These seeds contain a blend of essential nutrients, vitamins, selenium, zinc, and protein. This combination for skin integrity, collagen production, and overall vitality.

Walnuts: Abundant in essential fatty acids, including omega-3, they reduce inflammation in the skin. In addition to zinc, walnuts offer other antioxidants, such as vitamin E and selenium, enhancing their skin-nourishing profile^[1].

Fatty Fish: Fatty fish such as salmon, mackerel, and herring can be your food for bright skin. Abundant in omega-3 fatty acids, these fish can maintain skin thickness, elasticity, and hydration.

Sweet Potato: Sweet potatoes are rich in Beta-carotene, a plant-derived antioxidant that takes centre stage in promoting skin health. This forms a protective shield against sun exposure, and aids in preventing sunburn, cell damage, and the development of dry, wrinkled skin.

Broccoli: It is a skin-nourishing powerhouse with essential vitamins A and C and minerals like zinc. It contains lutein and sulforaphane, which offer protection against oxidative damage and has potential anti-cancer effects.

Soy: Soy's isoflavones, known for regulating estrogen, help reduce wrinkles and enhance elasticity. Postmenopausal women may see improvements in skin dryness and increased collagen for smoother, resilient skin^[2].

Tomatoes: Tomatoes are rich in vitamin C, lycopene, and lutein. The trio of beta carotene, lutein, and lycopene protects against sun damage and may prevent wrinkles.

Green Tea: Green tea is rich in catechins, helps shield the skin from sun damage and enhances skin moisture, thickness, and elasticity.

Dark Chocolate: Cocoa is an antioxidant that results in thicker, more hydrated, and less rough skin, with improved sunburn resistance and enhanced blood flow.

Watermelon: Watermelon, with over 90% water content, is a hydrating and skin-loving choice. Rich in vitamin C, lycopene, and beta-carotene, it supports skin health and combats signs of aging. The amino acid L-citrulline promotes healthy circulation, which is essential for nourishing skin cells.

Consult your dermatologist for further information.

References

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