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Food for Healthy Skin

The American Academy of Dermatology advises us that, "A healthy diet is important for improving raw materials for healthy skin." The basis for having healthy skin is a well-balanced diet that includes essential vitamins that aid in the important functions of your body's system. The following are foods for healthy skin...

Vitamin A is one of the vitamins you need to maintain good skin. This vitamin minimizes oil (formally known as sebum) production, makes the protective tissue of your skin stronger and aids in the repair of tissues. Vitamin A can be found in foods such as carrots, spinach, parsley, tomatoes, peaches, mangoes and apricots.

A complex of B vitamins can help to maintain a healthy skin tone, with the added benefit of reducing stress. Vitamin B complexes are in foods such as eggs, meat, liver, fish, whole grains, leafy green vegetables, avocados and peanuts.

Another important vitamin for your skin is **Vitamin E**, which is an antioxidant and prevents certain cell damage. This vitamin can be found in foods that include almonds, broccoli, wheat germ and vegetable oil.

Vitamin C is another antioxidant and is in citrus fruits, such as oranges and grapefruits. An additional antioxidant is Zinc, which can be found in whole grains, brazil nuts, pumkins seeds and brewers yeast.

An essential part of a well-balanced diet is drinking plenty of **fresh, clean water**. Drinking six to eight glasses of water per day aids in transporting fluids throughout your entire body to maintain healthy, hydrated skin.

Foods to avoid include fatty foods, white flour, sugar and caffeine. These foods contain little nutritional value and can aggravate your skin. Incorporating a fitness routine into your schedule three times per week or more can improve your circulation and aid in having healthy skin, especially when combined with proper diet choices.

A well-balanced diet and lifestyle will reflect on your skin and give you a healthy complexion.

Source: freeskincareadvice.com