

Foods to Healthier Skin

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Although there are thousands of beauty products promising to give you vibrant and younger looking skin, by simply changing your diet, you can get that glowing look without spending hundreds of dollars. Read on to find out which foods **Dr. Ariel Ostad, NYC Board Certified Dermatologist and Cosmetic Dermatologic Surgeon**, recommends to get that fabulous, healthy skin you've always wanted.



Berries

While sunscreen is a sure fire way to protect the health of your skin, eating strawberries, blueberries and blackberries can also give you extra protection against the sun's harmful rays and prevent premature aging. Packed with antioxidants, these fruits help neutralize free radicals, that if left in the body, can damage the DNA of cells and lead to cell disintegration.

Sweet Potatoes

With their mixture of beta-carotene and vitamins A and C, sweet potatoes are a great food to ensure beautiful skin. As Ostad explains, "These nutrients help retain skin moisture and prevent dryness".



Essential Fatty Acids

What do salmon, walnuts, canola oil and flaxseed all have in common? They all deliver essential fatty acids which are responsible for promoting strong, healthy cell membranes. Ostad explains that, "Because it is the cell membrane that holds water in, the stronger that barrier is the better your cells can hold moisture. And that means plumper, younger looking skin."

Low-Fat Dairy

According to experts, vitamin A is absolutely essential to ensuring the health of our skin and some of the best places to get it is in low-fat dairy products. "The A in dairy products is true A, so everyone's skin can use it," Ostad says, adding that since these products also contain high amounts of acidophilus, or "live" bacteria, they promote intestinal health. "Anything that helps keep digestion normal, any live bacteria or enzymes, is also going to be reflected in healthy-looking skin," he explained.



Green Tea

Adding to green tea's long list of benefits, this drink, with its anti-inflammatory properties, can also keep skin looking healthy. In fact, according to a recent study published in the Archives of Dermatology, whether taken orally or applied to the skin, green tea can reduce the risk of damage from ultraviolet light and thus reduce the risk of skin cancer.

Oils

By simply adding two tablespoons of healthy oils, like olive oil, to your diet you can provide your skin with the moisture it needs to stay healthy.



Whole Grains

We've all been told that whole grains should be a big part of a balanced diet, but who knew that their high levels of selenium could help control the cell damage that often leads to skin cancer. By avoiding grains with "refined white flour" and opting for those with "whole grain," you can prevent high insulin levels that can lead to inflammation and irritation of the skin.

Water

Remaining properly hydrated is necessary to keep skin looking healthy. By keeping cells hydrated, water can easily remove toxins out of the cells and allow nutrients to enter, which Ostad says automatically leaves skin looking better. Although the exact amount of water you should drink a day is disputed, try to get your H₂O from clean water, not liquids like soda and soup.

