

Best Foods For Your Skin

Category	Food	Why Important for Skin
Antioxidants	Berries (blueberries, strawberries)	Combat free radicals, reduce oxidative stress, prevent premature aging
Antioxidants	Dark Chocolate	Improves skin hydration and thickness
Antioxidants	Green Tea	Rich in polyphenols, anti-inflammatory properties
Healthy Fats	Avocados	Keep skin moisturized and flexible, rich in vitamins E and C
Healthy Fats	Fatty Fish (salmon, mackerel)	Contains omega-3 fatty acids, vital for maintaining skin's lipid barrier
Healthy Fats	Nuts and Seeds (walnuts, almonds)	Rich in Vitamin E, selenium, and zinc, essential for skin protection and repair
Vitamin C	Citrus Fruits (oranges, lemons)	Boost collagen production, leading to firmer skin
Vitamin C	Bell Peppers	Surpasses some citrus fruits in Vitamin C content, combats free radicals
Vitamin C	Kiwi	High Vitamin C content, aids in collagen synthesis
Hydration	Cucumbers	Over 95% water, contains silica for strengthening skin's connective tissues
Hydration	Watermelon	Rich in water and lycopene, protects skin from environmental stressors
Hydration	Coconut Water	Hydrating, contains electrolytes for maintaining hydration levels
Minerals	Leafy Greens (spinach, kale)	Rich in vitamins A, C, E, and K, supports skin health and repair
Minerals	Tomatoes	Rich in lycopene and Vitamin C, protects skin from sun damage and promotes collagen production