

Want skin without wrinkles, long-term children eat these foods

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Below is a list of skin care products that you can consult.

1. Fish



Fish such as salmon, mackerel and tuna that contain sources of omega-3 fatty acids can reduce the harmful effects of toxins and UV rays on the skin.

So fish is one of the foods that helps you prevent wrinkles effectively. In addition, Omega-3 fatty acids are healthy fats that help promote and protect cardiovascular health.

2. Tomatoes



Tomatoes contain lycopene - antioxidants that have strong anti-aging properties. Lycopene helps protect the skin from the effects, affected by external factors such as environmental pollution and sunshine.

3. Soy beans

It can be said that this is the perfect food for aging prevention. Soybeans derived from soybeans, cheese or tofu all contain genistein (a plant hormone that acts as an antioxidant), which helps to prevent enzymes and prevent wrinkles on the skin. effectively.

4. Green tea



Green tea contains caffeine hydrates to help retain moisture in the skin during dry season. In addition, antioxidants in green tea protect the skin from sun damage.

According to research conducted by Kingston University, green tea has the function of protecting proteins on skin structure, especially collagen. Regularly drinking tea will help prevent collagen destruction, which minimizes wrinkles on your face.

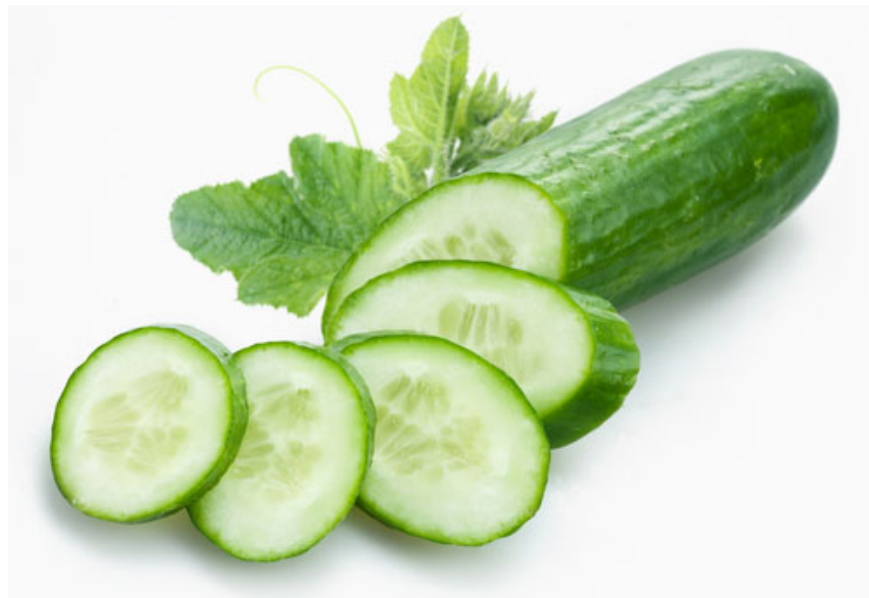
5. Vitamin E

Vitamin E has an anti-aging effect and prevents wrinkles. Vitamin E is found in many grains such as pumpkin seeds, dried roasted almonds, sunflower seeds, cashews and some vegetable oils.

6. Vitamin C

Vitamin C is found in citrus fruits such as grapefruit, orange . Vitamin C is extremely important for the growth and recovery of tissues in the body, especially the skin. In addition, it also produces collagen that helps support blood vessels and ligaments between skin cells.

7. Cucumber



Cucumber when absorbed into the skin has a soothing and moisturizing properties. So you should wear a cucumber mask regularly. Also, if you don't have a face mask, you can add this food to your daily diet. Feeling a clear effect every day.

8. Apples

Quercetin is an antioxidant in the apple shell. Quercetin provides huge protection against UVB rays that can cause skin cancer.

9. Beans

Beans contain a lot of water, which is the main ingredient to moisturize the skin, so that the skin does not dry out and prevent wrinkles.

10. Sweet potatoes

Sweet potatoes are good for collagen synthesis, help stabilize and balance collagen in the body, and also contain lots of vitamin B3.

11. Garlic



In garlic contains large amounts of Lipoic Acid and Taurine, which are two essential ingredients in reconstructing damaged collagen. In addition, the sulfur in garlic contributes greatly to the production of natural collagen in the body.

12. Vegetables of cruciferous vegetables



Types of cruciferous vegetables such as watercress, cabbage . very rich in oxidants help maintain the amount of natural collagen in the body, effectively preventing skin aging.

13. Butter



Avocado has a high nutritional content and is one of the fruits that many women choose to beautify. In particular, avocado is rich in vitamin E, reducing the aging process of the skin to help your skin become firm and bright.

14. Grapes

In fresh grapes contains proantho-cyanidin which is an antioxidant that helps prevent cell proliferation, anti-atherosclerosis and premature aging. In addition, fresh grape juice helps skin always white, pink, very suitable for face and white bath.

You make a mask of grape juice mixed with fresh milk and honey applied to your face before sleeping for about 15 minutes and then rinse with warm water. Persistently implement this method regularly to possess smooth, flawless bright skin.

15. Carrots

Carrots are not only good for the eyes, but they also help prevent wrinkles. In carrots, beta-carotene helps protect skin from the sun.

16. Black chocolate



Black chocolate not only produces 'happy hormones' but it also slows down the aging process for the body. Research shows that eating black chocolate regularly helps to protect the skin from UV rays (ultraviolet rays).

You can refer to some of the following articles:

- 1. The 6 foods you eat are more susceptible to food poisoning**
- 2. Top 8 effective cancer prevention foods**
- 3. The top 5 foods to eat are at higher risk of cancer**

Wish you have moments of fun!

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