

What to eat to have beautiful skin?

Foods that are good for health and help you have a naturally beautiful skin

Without Vitamin C, you wouldn't have the collagen that keeps your skin elastic. Too little Vitamin A or essential fats, your skin will dry out. Zinc deficiency also causes rough and wrinkled skin. So forget about plastic surgery. If you choose to eat healthy foods selectively, you will have a naturally beautiful skin.



Fruits are healthy foods and help to have a naturally beautiful skin first

Food helps skin regeneration

1. Vitamin A is the leading Vitamin to improve skin and prevent aging. It is a powerful agent that removes dead cells and makes skin look younger.
2. This vitamin comes in two forms: Retinol found in meat, fish, eggs and dairy products; Beta-carotene comes from red, orange, yellow fruits and green vegetables.
3. Apricots, carrots, sweet potatoes, and pumpkins are all good sources of Beta-carotene.

2

Foods that help get rid of wrinkles

1. Maybe your skin's biggest enemies are free radicals, caused by UV rays, environmental pollution and stress. It leads to skin inflammation, loss of elasticity, and wrinkles. But nature has created some smart foods that, if eaten regularly, will be an effective anti-wrinkle weapon.

2. Let's start with apricots and tomatoes, which are rich in Lycopene, which provides sun protection. For maximum aging prevention, eat a bowl of berries, a glass of red wine or a pot of fresh tea every day.
3. A free radical scavenger called Pycnogenol also reduces inflammation caused by the sun. Pycnogenol is found in grapes, cranberries, black currants, green tea, black tea, blueberries, raspberries, strawberries, black cherries, red wine, and canola.
4. In addition, the combination of Vitamin C, Vitamin E, Glutathione and CoQ10 also helps to destroy free radicals.
5. Vitamin E is found in vegetable oils, nuts, and green leafy vegetables, while vitamin C is found in citrus fruits, berries and green leafy vegetables. Asparagus is rich in glutathione while CoQ10 is found in seafood, spinach and nuts.
6. Other antioxidant-rich foods include: prunes, fresh plums, peppers, beets, parsley, figs, raisins, and beans.
7. In addition, do not forget the spices and herbs, which help boost the antioxidants in the body. Add cinnamon to your cappuccino, drink tea made with fresh mint or ginger, roast meat with herbs like rosemary, sage, thyme and curry leaves.

Coenzyme Q10, also known as Coenzyme E10 Ubidecarenon. CoQ10 supports cardiovascular health, antioxidant support, helps neutralize free radicals that are harmful to the body.

3

Food that helps smooth skin

1. Olive oil has a high content of Oleic Acid Fatty Acid, an effective anti-inflammatory. Oleic acid is a member of the Omega 9 family. It can make a difference in skin like an old shoe leather piece with a rose petal.
2. For smooth skin, eat about 2 tablespoons of olive oil per day. Pears are also rich in Oleic Acid, and also Vitamins C and E.
3. Let's eat tomato toast, combined with a cup of green tea - a perfect meal. For baby-like skin, avoid dehydrating drinks like alcohol and coffee. In the summer drink soda, it will be less dehydrating than wine and champagne. In addition, filtered water is also effective.

4

Food to help stretch and brighten skin

1. Not only is fish a great source of antioxidants, but it's also packed with high-quality protein that helps repair cells and provides Essential Fatty Acids - EFAs, which contribute to healthy cell membranes. EFAs hold water, so the stronger they are, the tighter and shinier your skin will be.
2. Fish also contains an antioxidant compound called DMAE. This chemical stimulates nerve function and causes muscles to contract and skin to tighten. It is a great weapon to bring out a beautiful complexion, making your face firm and neat.
3. For glowing skin, eat cold water fish like salmon, mackerel or tuna, 3 times a week. For firm skin can eat walnuts, flax oil, soybean oil, pumpkin seeds and sunflower seeds.
4. Flax oil can also cure inflammatory skin conditions like Eczema.



Salmon helps to tighten and brighten skin

5

Food to help clear acne

1. Too much exposure to the sun's rays and eating a lot of sugar is the cause of acne and melasma. To get rid of it, you need not only use sunscreen, but eat foods rich in selenium such as garlic, wine seeds, sesame seeds.
2. Zinc is also a natural compound that gives skin beauty. Foods rich in zinc include oysters, ginger, lamb, pecans, and wine seeds.

6

Food to help reduce swelling

1. The capillaries are the conduit to your skin cells. If they're weak or not working properly, your skin cells won't get the oxygen and nutrients they need. It will lead to poor excretion, skin swelling, edema, flabby and premature aging.
2. Bioflavonoids also known as Flavonoids in citrus fruits can protect the capillaries, as well as support the production of collagen that helps skin elasticity. So the next time you go for a drink, choose a smoothie with pink grapefruit, orange, and lemon.

You finished reading the article "**What to eat to have beautiful skin?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.