

# GOOD FOOD FOR GREAT SKIN

You may spend a bomb on the best skin-care products in the market. But you still can't get healthy, glowing, beautiful skin, unless you follow a healthy diet every day. **Poornima Makaram** recommends 14 foods and beverages to indulge in

**S**o you follow a skin-care routine every day. You cleanse, tone and moisturise religiously. But how often do you pay attention to what you eat and how it affects your skin? Your bones, skin, immune system and the rest of your body benefit from the food you consume. You need lots of essential nutrients to prevent common issues most Indian women face, like sun damage, premature ageing, sagging and dryness. Here are some healthy, commonly found foods and beverages you can consume every day.

## Avocados

An avocado has high monounsaturated fat content and is also rich in vitamins A, D and E, which are required for supple, healthy skin. "Avocados also contain omega-3 fatty acids, which will help keep your skin looking young and prevent dryness," says Priyamvada Chandramouli, senior dietician at Chi Health Wellness Solutions,



Bangalore. The best way to have an avocado is to add it in your salad with your favourite veggies and lettuce.

## Apple

For good, healthy skin, it's important that your digestive system is in check and functioning well. Apples provide good fibre and help keep your system clean. "Apples contain vitamins and a component called pectin," explains Kajal Thosani, a Mumbai-based nutritionist.

"Pectin helps in absorption of unhealthy toxins and oil from the skin. It's best had every day as snacks," she says.

## Almonds

These nuts aren't just brain food. Snack on a few of them every day and you can banish crow's feet and wrinkles. Priyamvada says, "Almonds are a rich source of vitamin E, an antioxidant that helps nourish the skin from within and protects it from the damaging effect of UV rays."



## Blueberries

High in fibre and low in sugars, they make a perfect snack and a yummy way to ensure good skin. Kajal insists

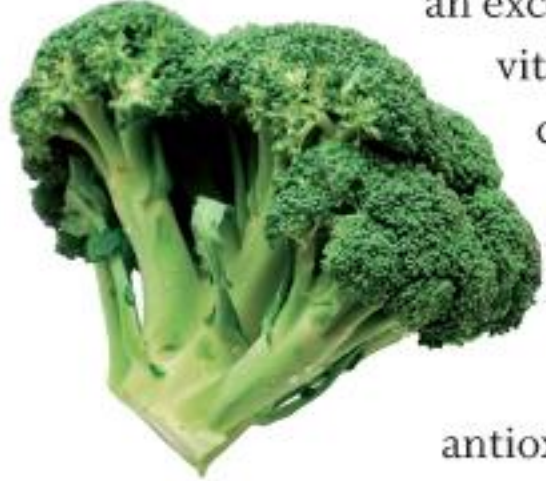




that they are a glow-booster for your face. "Blueberries are rich in powerful antioxidants and can inhibit free radicals. They're also an excellent source of vitamins E and C, riboflavin, manganese, and soluble and insoluble fibre," she says.

### Broccoli

It is a power vegetable with many nutrients that ensure healthy bones and a strong immune system. "Being an excellent source of vitamin C, broccoli can keep the skin firm and protect it from the sun," says Priyamvadha. "It's also rich in antioxidants and iron, keeping your skin looking youthful and fresh." Sauté the florets in olive oil and make a great stir-fry with other veggies.



### Carrots

Apart from keeping your eyes healthy,

carrots can be good for your skin too. "They are high in beta carotene, which the body converts to a vitamin important for skin repair. They are also rich in fibre and antioxidants," says Kajal. Simply munch on a carrot before lunch, have it as stir-fry or add them to your salad.

### Dairy

Don't shun milk or cheese—just opt for the low-fat versions instead. "Low-fat yoghurt, milk, paneer, and cheese are good for your skin because they provide protein and vitamin A," advises Priyamvadha. "Live enzymes and friendly bacteria in yoghurt can give you a healthy digestive tract, which is most important



for good, clear and breakout-free skin."

### Eggs

Eggs give you lots of protein. "They are also a good source of minerals like selenium, zinc and iron," adds Kajal. "Selenium protects cells from free radical damage and helps counter dry skin and supports the immune system. Lack of zinc can lead to stretch marks."

### Water

Water is essential to avoid dehydration. "Drinking 8 to 10 glasses a day flushes out the toxins," explains Kajal. Priyamvadha adds, "Not only does it hydrate, it also prevents wrinkles."

### Green tea

Next to water, green tea is most beneficial for your health. "The antioxidants it contains helps you get over fatigue and mental stress while cleansing your skin of impurities," explains Kajal. Avoid sugar and milk, and drink it hot or cold.

### Pomegranates

A glass of pomegranate juice has more antioxidants than red wine, green tea, blueberries and cranberries. It contains anthocyanins, which can strengthen the walls of the tiny blood vessels that supply nutrients to the skin," says Kajal.

### Salmon

Fish and fish oil are known to possess innumerable benefits. Fish like salmon help fortify skin cell membranes, as they are rich in essential fatty acids like omega 3 and omega 6. Have salmon in a salad or grill it.

### Tomatoes

This is another versatile vegetable, with the best of nutrients. Kajal says, "Tomatoes, beetroot and other red vegetables are essential for good skin. The lycopene found in these vegetables is essential for skin repair."



### Wheat germ

"Wheat germ is full of biotin, making hair and nails strong and resilient," says Priyamvadha. "The wheatgerm oil is a great for rejuvenating dry, ageing and dehydrated skin." Just add it to your cereal or make a dough out of it for rotis. •

*TOMATOES, BEETROOT  
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ESSENTIALS.*



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