

- Health

Foods to help you combat dry skin

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CRACKED lips, ashy elbows, and dry skin that seemingly won't stay moisturised no matter how much lotion you apply: it is that time of the year when our skin requires tender loving care.

Here are some food types you may use as part of your diet to help your skin lock in its natural moisture.

Coconut

Dietitian Brooke Alpert says that the healthy fats and antibacterial nutritional make-up of the coconut, keep acne flare-ups away and help keep your skin moisturised, which is key for looking healthier and younger.

Carrots

Alpert reveals that carrots are loaded with vitamin C, which is a precursor to collagen production.

Vitamin A stimulates fibroblasts, the cells responsible for developing the tissue that keeps skin firm and healthy, says Alpert.

Yoghurt

As a moisturiser, the probiotic properties of yoghurt help to shed dead skin cells and hydrate new ones. Just make sure you are reaching for plain, whole-milk yoghurt instead of the sugary flavoured stuff.