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### Food that hold the secret to glowing skin

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You can have glowing healthy skin just by eating right. This list of food items is easy to incorporate into your diet. This includes strawberries, oranges, carrots and avocados, and salmon. Maintaining a healthy body is just as important as keeping a healthy skin. It gives you more confidence, and your smile shapes your beauty.



Carrots, sweet potatoes, and avocados:

Carrots, sweet potatoes, and avocados are high in beta-carotene (which is converted to vitamin A), vitamin C, and vitamin E, which are required for the healthy growth and repair of skin cells. Carrots are high in antioxidants, which protect the skin from damage. Avocados are high in healthy fats and essential vitamins for glowing skin. Most skin care experts recommend eating avocado in the form of a juice or salad. They are high in antioxidants, which protect the skin from damage. Avocados are used in a variety of ways to improve skin and prevent wrinkles.

Tomatoes and oranges:

Oranges are an excellent source of vitamin C, which is important for skin health because it promotes collagen production. Tomatoes are high in lycopene, the antioxidant responsible for preventing skin damage, they reduce inflammation and redness.

Salmon and eggs:

Eggs are a good source of protein, which is essential for healthy skin. They also contain vitamins A and E. Salmon is high in omega-3 fatty acids, which moisturise the skin, and aid in the reduction of inflammation.

Kale and spinach:

Kale is a high-nutrient-dense green leafy vegetable, high in vitamins and minerals that are beneficial to the skin. Spinach is known to be high in minerals and vitamins. It is well known that eating spinach can help with a variety of health problems. These green leafy vegetables are also high in Vitamin A, which helps with cell growth and repair. Regular use prevents skin damage.

Pomegranates:

Because of their unstable nature, free radicals cause cell damage, which leads to wrinkles and aging. Pomegranates, which are high in antioxidants, help to prevent the growth of free radicals and keep skin healthy and youthful.

Almonds, chia seeds, sunflower seeds, and pumpkin seeds:

They are high in zinc, vitamin E, and omega-3 fatty acids. Taking a few grains each day aids in the maintenance of healthy, glowing skin.

Here are a list of healthy eating plans for a healthy and glowing skin that are easy to make and you can try them at home: smoked salmon avocado toast, blueberry smoothie, tomato avocado omelette, almond breakfast smoothie, feta spinach omelette, glowing skin lunches, smoked salmon, vegan rice bowls.