

- Aesthetics / Skin—care

## Superfoods to set your skin aglow

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SUPERFOODS contain an enormous variety of nutrients that can transform you from the inside out and help you to achieve a radiant complexion. The right selection of superfoods can speed up the recovery of many skin woes. Here are a few examples of foods labelled as 'superfoods' to factor into your diet to achieve clearer, glowing skin.



### Avocados

This buttery fruit, yes avocado is a fruit and not a vegetable, contains high levels of healthy oils and vitamin E. Avocados are replete with several essential antioxidants and vitamins that can help nourish your skin from within and impart a natural glow. They act as a natural supplement to help improve barrier function and hydration. Aside from adding the fruit to your diet, you can also use its flesh as a face mask to procure those essential fatty acids, which help keep your skin supple and soft.

### Salmon

Salmon is packed with healthy fats, protein, B vitamins, potassium, and selenium, making it a highly nutritious superfood. It is known as one of the best sources of omega-3 fatty acids, which work wonders on the skin. The fatty acids in salmon contribute to the production of collagen, a protein that helps keep the skin foundation strong and wrinkle-free. It is recommended to limit your intake to 100g a week as overconsumption can put you at risk of developing mercury poisoning.

### Sweet potatoes

Sweet potatoes are root vegetables that are loaded with many nutrients, such as Vitamin A and C, fibre, and potassium. Because of their high levels of vitamin A, sweet potatoes have been known to help reduce oil production in the skin and are also used to treat acne. Sweet potatoes are an excellent source of beta-carotene, an antioxidant that is great for the eyes.

### Yoghurt

With yoghurt being an excellent source of be getting stronger bones but also clearer skin. Greek yoghurt contains a healthy amount of good fats and much-needed protein, contributing to that glow. Yoghurt is

TO supplement the body with energy, people usually consume supplements containing ginseng or Tongkat Ali. However, there are types of vitamins that help with the production of energy in the body, vitamin B.

There are eight types of B vitamins according to the Malaysia Recommended Nutrient Intake which are vitamin B1 (Thiamin), vitamin B2 (Riboflavin), vitamin B3 (Niacinamide), vitamin B5 (Pantothenic Acid), vitamin B6 (Riboflavin), vitamin B7 (Biotin), Vitamin B9 (Folic Acid) and vitamin B12 (Cobalamin).

All these vitamins in general are referred to as vitamin B complex. Vitamin B complex is responsible for the production of energy as it helps with the metabolism and catabolism of carbohydrates, protein, fats and alcohol.

Other than this, vitamin B1 is also essential for normal growth and development and proper functioning of the heart, nervous system and digestive systems. Vitamin B5 helps in converting food into fuel, which the body uses to produce energy.

Vitamin B6 acts as a regulator of the action of steroid hormones such as androgens, progesterone and oestrogen. Vitamin B9 helps with red blood cell production while vitamin B12 aids in red blood cell formation.

Supplementation of B vitamins

Adequacy of all these vitamins is essential in maintaining energy, however, vitamin B and C are categorised as water-soluble vitamins, unlike vitamin A, D, E, K which are fat-soluble vitamins. Water-soluble vitamins cannot be stored in the body, hence, when it comes to supplementation, it is necessary to have time-release formulation.

Time-release formulation allows the nutrients to release slowly in the body throughout the day. This ensures the body has sufficient energy throughout the day.

Consumption of a well-balanced diet and exercise must go hand in hand to ensure the body receives the required nutrients. Sufficient nutrients throughout the day are essential in preventing diseases and allowing the body to be energetic.

Talk to your healthcare professionals to know more about B vitamins that are suitable for your daily consumption.

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