

TOP 10 FOODS FOR RADIANT SKIN



BLUEBERRIES

Rich in antioxidants, a natural anti-inflammatory, and high in vitamins A, C & E. Blueberries can help to brighten dull & damaged skin, protect against sun damage, and help extend the life of skin cells.



AVOCADO

Packed full of healthy monounsaturated fats, avocados are high in vitamin E, essential for skin moisture & flexibility. They may also help protect against sun damage and wrinkles.



FATTY FISH

Fatty fish, such as salmon & mackerel are an excellent source of protein, omega-3 fatty acids, vitamin E, and zinc. Marine-based omega-3's reduce inflammation and are crucial to supporting skins strength & integrity.



DARK CHOCOLATE

Dark chocolate is rich in antioxidants called flavonoids that help support circulation and skin hydration. Ensure your chocolate is at least 70% cocoa, and only enjoy a 30-60gram portion daily, for maximum health benefits.



GREEN TEA

Rich in EGCG antioxidant compounds that help protect against DNA damage caused by UV rays. The anti-inflammatory properties also benefit in reducing skin irritations and swelling.



WALNUTS

Walnuts contain nutrients needed to help the skin stay healthy & reduce inflammation, being high in omega-3 and omega-6 fatty acids, as well as containing vitamins E & C and selenium.



SUNFLOWER SEEDS

Contain many skin-boosting nutrients, including protein, vitamin E, magnesium, zinc, selenium, & copper. They support healthy gut & bowel functions, which in turn promote a healthy complexion.



WATER

Staying hydrated is critical not only for skin hydration, but for several of the body's main functions including circulation, digestion, absorption and toxin removal. Adequate hydration is essential for keeping the skin plump and wrinkle-free!



CARROTS

Vitamins A, K, B6 & biotin help protect against UV rays, supporting the skin's healing properties by reducing inflammation.



BROCCOLI

Broccoli is high in vitamins A & C, as well as zinc, & lutein, which helps protect against oxidative damage helping to prevent dry, wrinkled skin.