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# Five foods for a glowing complexion

## ***Eat your way to beautiful skin***

*By Stacey Stein*

Forget spending a small fortune on expensive skin lotions and creams – when it comes to achieving a flawless complexion, what you put inside your body may be more important than the products you slather on your face.

The old adage “you are what you eat” is true in many ways. The good news? Following a skin-friendly diet is easy to do and can help you achieve a glowing complexion while also benefiting your overall health.

Here are five beauty-boosting foods to incorporate into your weekly diet.

### **Salmon**

#### ***Skin superhero credentials***

Salmon is loaded with a molecule known as DMAE, which helps protect skin by guarding against the deterioration associated with premature aging.<sup>1</sup> Research has revealed that DMAE promotes collagen, key to youthful looking skin.<sup>2</sup> There are numerous other benefits to eating salmon – it's also packed with omega-3 fatty acids, which have been linked to improved cardiovascular health.<sup>3</sup>

#### ***Three ways to eat it***

- With cooler climes still upon us, warm up with this salmon vegetable chowder (<https://www.gaylea.com/recipes/lunch/delicious-salmon-vegetable-chowder>), brimming with good-for-you ingredients.
- These smoked salmon parcels (<https://www.gaylea.com/recipes/dinner/smoked-salmon-parcels>) pack big flavour in a small, pretty package.
- One of the benefits of salmon is its versatility: pair it with egg and enjoy it in this smoked salmon sandwich (<https://www.gaylea.com/recipes/lunch/muskoka-smoked-salmon-muffaletta>) for lunch.

### **Blueberries**

#### ***Skin superhero credentials***

Blueberries are loaded with antioxidants, which shield skin against free radical damage linked to skin aging such as wrinkles and a loss of elasticity.<sup>4</sup> In fact, research has shown that a one-cup serving of wild blueberries contains a greater antioxidant capacity than 20 other fruits and veggies.<sup>5</sup>

#### ***Three ways to eat them***

- Jam-packed with blueberries, these protein-filled pancakes (<https://www.gaylea.com/recipes/breakfast/fruity-skillet-pancake>) make for an energizing start to the day.
- These French toast canapés with blueberry butter (<https://www.gaylea.com/recipes/desserts/french-toast-canapes-with-blueberry-butter>) can be served as a decadent breakfast, or add a scoop of ice cream and serve for dessert.
- Loaded with blueberries, this warm bread pudding (<https://www.gaylea.com/recipes/desserts/new-brunswick-bread-pudding-with-cream-sauce>) packs a flavourful punch.

### **Avocados**

#### ***Skin superhero credentials***

Avocados can be found in a variety of skin care products, but consuming them will also do wonders for your complexion. They are a great source of vitamin C, which helps skin maintain its firmness, and also contain vitamin E, which helps prevent free radical damage and has been shown to reduce the skin aging effects of UVA and UVB radiation.<sup>6</sup>

### ***Three ways to eat them***

- Avocados are featured in this layered dip (<https://www.gaylea.com/recipes/appetizers/fiesta-layered-dip>), a great entertaining dish that you can make ahead.
- Avocado hummus enlivens this marinated chicken focaccia sandwich (<https://www.gaylea.com/recipes/dinner/grilled-herb-marinated-chicken-focaccia-sandwich>).
- Avocados kick up the flavour and presentation of this jalapeno jack burrito bowl (<https://www.gaylea.com/recipes/lunch/creamy-jalapeno-jack-burrito-bowl>).

## **Tomatoes**

### ***Skin superhero credentials***

Tomatoes are high in lycopene, an antioxidant that helps protect skin against the damaging effects of sun exposure. In fact, researchers have found that consuming tomatoes over a 12-week period is equivalent to using a low-powered SPF sunscreen (according to the Canadian Dermatology Association, up to 90 per cent of skin changes, like lines or spots, are caused by repeated exposure to UV rays).<sup>7</sup> Tomatoes are also packed with free radical-fighting vitamins A and C.<sup>8</sup>

### ***Three ways to eat them***

- These tomato squares (<https://www.gaylea.com/recipes/dinner/provence-tomato-squares>) are perfect for entertaining – serve for lunch or as an app at a dinner party.
- Tomatoes help liven up most salads – in this fattoush salad (<https://www.gaylea.com/recipes/lunch/fattoush-with-grilled-halloumi-and-lemon-caper-dressing>) they pair nicely with halloumi cheese and other veggies.
- Combining tomatoes, macaroni and cheese, this pasta dish (<https://www.gaylea.com/recipes/dinner/family-pasta-supreme>) is comfort food defined.

## **Walnuts**

### ***Skin superhero credentials***

Rich in omega-3 fatty acids, alpha-linoleic acid (a type of fatty acid) and fibre, walnuts have a high concentration of antioxidants, earning them the “superfood” label.<sup>9</sup> Among their many health benefits, walnuts can help promote a clear complexion – they contain healthy fats that may reduce skin inflammation.

### ***Three ways to eat them***

- Featuring five ingredients, this maple walnut shortbread (<https://www.gaylea.com/recipes/desserts/maple-walnut-shortbread>) is tasty and easy to make.
- Walnuts add crunch and pizzazz to salads – try them in this Waldorf salad (<https://www.gaylea.com/recipes/appetizers/nippy-waldorf-salad>).
- Walnuts help boost this cottage cheese topper (<https://www.gaylea.com/recipes/breakfast/blueberry-ginger-cottage-cheese-topper>), which features other skin-friendly ingredients like blueberries and flaxseeds.

## **The final word**

Most beauty-boosting foods are easy to add to your daily diet – a cup of blueberries makes for a quick midday snack, and walnuts can easily be sprinkled on your lunchtime salad or morning oatmeal. You can begin by incorporating one skin-friendly powerhouse food a day in your diet – once you start seeing results in the mirror, you'll likely be encouraged to add even more.

<sup>1</sup> <https://www.mindbodygreen.com/0-21328/8-foods-to-eat-for-glowing-skin.html> (<https://www.mindbodygreen.com/0-21328/8-foods-to-eat-for-glowing-skin.html>)

<sup>2</sup> US National Library of Medicine National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123624/> (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123624/>)

<sup>3</sup> European Society of Cardiology, <https://academic.oup.com/circulation/article/73/2/310/486707> (<https://academic.oup.com/circulation/article/73/2/310/486707>)

<sup>4</sup> Medical News Today, <https://www.medicalnewstoday.com/articles/318652.php> (<https://www.medicalnewstoday.com/articles/318652.php>)

<sup>5</sup> <https://www.wildblueberries.com/health-research/antioxidants/> (<https://www.wildblueberries.com/health-research/antioxidants/>)

<sup>6</sup> <http://healthiestfoods.co.uk/avocado-skin-benefits> (<http://healthiestfoods.co.uk/avocado-skin-benefits>)

<sup>7</sup> <https://dermatology.ca/public-patients/skin/photoaging/> (<https://dermatology.ca/public-patients/skin/photoaging/>)

<sup>8</sup> <https://www.rd.com/health/conditions/tomato-health-benefits/> (<https://www.rd.com/health/conditions/tomato-health-benefits/>)

<sup>9</sup> ScienceDaily, <https://www.sciencedaily.com/releases/2017/07/170728100832.htm> (<https://www.sciencedaily.com/releases/2017/07/170728100832.htm>)

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