



HEALTHY FOOD FOR HEALTHY SKIN

You know the old phrase, “You are what you eat”? Well, it may not be entirely true, but our diets do impact many aspects of our health: the macronutrients in food may contribute to delaying the skin’s aging process and prevent dry skin, dry hair and broken fingernails. We get many of our daily required vitamins and nutrients from what we eat, and many of these can improve the way our skin looks, feels and functions.

So, before you choose that greasy cheeseburger over a well-balanced meal, remember to ask yourself whether you’re doing what’s best for your skin and your overall health.

Get Your Vitamins!



A diet rich in vitamins helps ward off dry skin, dry hair and broken fingernails as well as normalize skin coloration. Eat fruits and vegetables rich in Vitamin A, C, D and E as well as beta-carotene and zinc.

What to add to your diet: carrots, leafy greens, citrus fruits, almonds, eggs and sweet potatoes.

Say Yes to Healthy Fats!



Imbalances in some essential fatty acids like omega-3s and omega-6s are associated with skin problems. Healthy fats are important for your overall diet – and good for your skin, which can lose important fats over time.

What to add to your diet: seeds and nuts (especially walnuts and flax seeds), avocados, salmon, eggs and even sardines!



Drink Water!



The best way to keep your skin hydrated, elastic and plump is to drink water every day. It helps decrease the concentration of oil on your skin that can lead to breakouts and reduce the signs of aging. Limit your intake of liquids that actually pull water from the body, such as caffeinated beverages (tea, coffee, cola) and alcoholic beverages.

What to add to your diet: lots of water, but consult with your doctor about the amount that is right for you.



Nestlé Skin Health



Enlist Help!

Talk to your doctor or nutritionist to find out how to boost your diet, and enlist your friends to keep you motivated and on track!

Get Skin Health Smart at Active Aging Week for a Life Course of Healthy Skin!

Nestlé Skin Health is a global leader focused on meeting the world's increasing skin health needs with a broad range of innovative and scientifically proven products.