



## **Food for the skin - 12 products for her beauty and health**

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**Abstract.** The article discusses the main functions of the skin for normal human life and its relationship with the body. A systematic review of modern specialized literature and relevant scientific data was carried out. The list of products useful for the skin is indicated. Potentially unfavorable products for skin activity are analyzed separately, general recommendations for maintaining skin health are indicated.

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The skin is the largest organ of the body. It protects us from the external environment and reflects the state of health. Her appearance is only partly due to genes and cosmetics used, because beauty starts from the inside. We've rounded up the top superfoods that have no side effects and bring back a clear, radiant complexion, shiny hair, and strong nails.

### **What should you eat to keep your skin clear?**

If you constantly eat processed foods or meals without fiber that are high in sugar and fat, this will lead to acne, increased sebum production , dark circles under the eyes.

The main causes of acne , peeling, early wrinkles:

- smoking and excessive alcohol consumption;
- malnutrition - lack of antioxidants and fatty acids;
- lack of SPF protection against UVA and UVB rays;
- lack of sleep and stress.

Prevention is an effective way to fight aging. A balanced diet rich in vitamins A, B2, B3, B6, C, D, E, zinc and selenium will help in this. A varied diet provides all these nutrients without the need for supplements. <sup>[one]</sup>

## **Top 12 Beauty and Skin Health Products**

### **1. Avocado**

The pulp of the fruit combines vitamins E and C - the most effective combination for the production of collagen, protection against oxidative damage caused by the environment. The fats in avocados increase skin elasticity and firmness, according to a study of over 700 women. <sup>[2, 3]</sup>

### **2. Dark chocolate**

Daily use of cocoa powder, which is high in antioxidants, makes skin more hydrated and less sensitive to the sun, a 3-month study proves. Scientists also note an improvement in blood circulation - the delivery of oxygen and nutrients to cells. The same effect was obtained by people who consumed 20 g of dark chocolate with 70% cocoa. <sup>[4, 5]</sup>

### **3. Oily fish**

The healthiest sources of omega-3s are mackerel, salmon, herring, and sardines. Polyunsaturated fatty acids PNU maintain the density and elasticity of the skin, reduce their sensitivity to UV rays. They fight inflammatory and autoimmune diseases that cause inflammation, redness, acne, dermatitis. Also, fish contains the well-known antioxidant vitamin E to fight free radicals, and zinc for the production of new cells, wound healing. <sup>[6, 7]</sup>

### **4. Tomatoes**

An affordable source of vitamin C contains all the major carotenoids, including lycopene, lutein. They provide sun protection and prevent wrinkles. The components are best absorbed with fats, so nutritionists advise eating tomatoes with cheese and olive oil. <sup>[8, 9]</sup>

### **5. Sweet Potato**

In 100 g of baked sweet potato, there is 6 times more beta-carotene (provitamin A) than the body needs per day. Antioxidant preserves the health of the skin - it penetrates the cells and protects them from death, loss of moisture. <sup>[ten]</sup>

### **6. Red and yellow bell peppers**

One cup of crushed red bell pepper contains 156% of the daily value of vitamin A, 211% - vitamin C. They are necessary to maintain elasticity, strengthen blood vessels, and fight signs of aging - thickening, uneven skin. <sup>[eleven]</sup>

### **7. Red grapes**

Wine producers often talk about the benefits of the drink because of the resveratrol that is part of it. But you don't have to drink alcohol to get the full benefits of the polyphenolic compound - the component is found in red grapes (especially the skins). Test-tube studies show that it slows down the production of free radicals and the aging process. <sup>[12]</sup>

## 8. Broccoli

Broccoli contains zinc, vitamins A and C, carotenoid lutein. The components support the level of collagen, protect against oxidative damage and, as a result, wrinkles. In inflorescences there is a special substance sulforaphane. The compound has anti-cancer activity, neutralizes dangerous free radicals and activates the body's defense systems - it reduces damage from UV radiation by 29%. [13, 14]

## 9. Walnuts

Essential fats, zinc, vitamin E, selenium and protein - these and other nutrients in the nuclei contribute to the formation of a reliable protective barrier and wound healing, fight bacteria, inflammation. Walnuts have the highest concentration of omega-3 and omega-6, as well as a good ratio of these compounds. [fifteen]

## 10. Soy

Soy isoflavones reduce fine lines and restore skin firmness, according to a 12-week study in middle-aged women. In postmenopause, soy increases skin hydration and increases the amount of collagen - keeps it smooth, supple. [16, 17]

## 11. Sunflower seeds

Grains are valued for their high concentration of vitamin E and selenium - 28 g contains 49% and 41% of the daily value, respectively. Their mineral and vitamin composition normalizes the functioning of internal organs, stimulates the synthesis of collagen.

## 12. Green tea

The drink is rich in catechins and antioxidants, which slow down aging and protect against sun damage. In one study, taking it daily reduced sun redness by 25%. To increase the effectiveness of catechins, you need to drink tea with milk. [18, 19]

## Beauty menu - other ways to improve skin condition

Start taking the lead in fighting wrinkles and acne today by eating a balanced diet, avoiding alcohol, and staying active. It is important to maintain water balance - drink 6-8 glasses of water a day - and add pre-, probiotics to the diet.

Avoiding dairy products helps some people overcome breakouts, as cow's milk contains A1 beta-casein. Protein is not suitable for many people with inflammatory processes and other pathologies, and not just those who have lactose intolerance. Coconut and almond milk remain the best alternatives. Milk from cereals (oatmeal, rice, etc.) is not beneficial - it is water with flour, a quick carbohydrate.

## Expert comment

### Tatyana Eliseeva, nutritionist, nutritionist

When it comes to dieting from another Monday and draconian restrictions, it threatens to falter. Everything in moderation is the best mantra to write on the fridge. Dieticians and nutritionists advise to consume 80% of healthy food and occasionally indulge in useless goodies. But if you notice that the cheat meal - "cheating with food") have become more frequent, return to compiling the menu for the day or week. Fresh vegetables, fruits and properly prepared meals will make your skin glow again!

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