



## **Nutrition for healthy nails - healthy and dangerous foods, recommendations**

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info*

**Abstract.** Nails are a mirror of human health. Their beauty and grooming today are one of the important indicators of a person's social status. Manicure and careful nail care are, of course, great, but without a balanced diet you can only dream of their beauty.

From a biological point of view, nails are horny derivatives of human skin, the main purpose of which is to protect the fingertips from injury. In addition, nails expand the range of operations performed. In some cases they are used for self-defense.

*Key words:* nails, description, healthy products, dangerous products, recommendations, folk remedies

### **This is interesting:**

- The longest nails recorded by the Guinness Book of Records belong to a Las Vegas resident, Christine Walton. The total length of her nails reaches 6.2 meters!

### **Healthy Nail Products**

1. **Carrots with butter** . [1,2] When eating such salads, the body is literally saturated with vitamin A, which adds shine to the nails, preventing them from becoming brittle and splitting. [3]
2. **Nuts , sesame and avocado** [4] . They contain a large amount of vitamin E, which is simply necessary for the growth and beauty of nails. Vitamin E is even called the vitamin of youth. [5]
3. **Milk and dairy products** . Natural dairy product contains a lot of calcium [6], which is necessary for the normal structure of the nail plate. It should be remembered that calcium is well absorbed only with vitamin D [7], which the body produces on its own in the summer in the sun, but in winter, autumn and early spring it will need fish oil.
4. **Fatty fish** . Fish oil is the main supplier of vitamin D, which is so necessary for the absorption of calcium.
5. **Cucumbers [8] , zucchini [9] , fresh cabbage [10]** . They contain microelements useful for nails, such as sulfur [11], silicon [12].

6. Dark bread, crispbread, cereals. They contain B vitamins [13], which are necessary for the rapid growth of nails, their beauty and shine.
7. **Seafood** , **oatmeal** , **buckwheat** , seeds. Zinc [14], which is found in these products, gives nails strength.
8. **Persimmon** [15] , **seaweed** . They contain iodine [16], which is necessary for healthy nails and improvement of their appearance.
9. **Pumpkin seeds** . Selenium [17], which is contained in seeds, protects nails from harmful environmental influences.

### General recommendations

The health of your nails is an indicator of the health of your entire body. Doctors are sometimes able to identify diseases of individual organs using nails.

To keep your nails healthy, you must follow these recommendations:

- It is advisable to balance your diet so that your diet includes as many fresh and healthy foods as possible. At the same time, it is necessary to reduce the consumption of preserved food, which contains few substances necessary for the body.
- Drinking vegetable **juices** will help quickly restore the strength and shine of your nails and accelerate their growth. Carrot-cucumber juice is especially useful [18], which contains carotene, silicon and sulfur, which is simply necessary for the beauty and health of nails!
- Also, we should not forget about eating greens. **Parsley** [19] , basil [20], cilantro [21] and lettuce will provide the body with the substances necessary for normal nail nutrition.
- You can get rid of the habit of biting your nails by drinking **celery** [22] and parsnip juices, pressed from root vegetables. Due to the fact that they contain magnesium [23], which is responsible for the health of the nervous system, this habit may soon disappear.

### Traditional methods of healing nails

- If you rub your nails with a slice of **lemon** [24] , they will look healthier and shine. At the same time, the nail plate is nourished and strengthened. In addition, lemon juice softens the cuticle, which can be easily pushed back, giving your nails a more well-groomed appearance.
- Brewer's yeast with **selenium** [25] . Strengthen nail plates and improve their blood supply.

### Harmful products for nails

- Unpeeled roasted sunflower seeds. When peeling a large number of seeds with your hands, mechanical damage to the nail plate occurs.
- Salt. In large quantities, it interferes with the full absorption of vitamins.

### Literature

1. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. *Daucus carota* subsp. *sativus*). *Journal of Healthy Eating and Dietetics* , 4 (6), 43-55. DOI: 10.59316/.vi6.31
2. Eliseeva, T., & Yampolsky, A. (2021). Butter. *Journal of Healthy Eating and Dietetics* , 1 (15), 29-43. DOI: 10.59316/.vi15.96
3. Eliseeva, T., & Mironenko, A. (2018). Vitamin A (retinol) - description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 3(9), 41-86. DOI: 10.59316/j.edpl.2018.3.5
4. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. *Persēa americana*). *Journal of Healthy Eating and Dietetics* , 4 (10), 63-75. DOI: 10.59316/.vi10.58

5. Eliseeva, T., & Mironenko, A. (2018). Vitamin E description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 4 (6). 10.59316/.vi6.33
6. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (12), 83-92. DOI: 10.59316/.vi12.77
7. Eliseeva, T., & Mironenko, A. (2018). Vitamin D – description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 3 (5), 52-67. DOI: 10.59316/.vi5.26
8. Eliseeva, T., & Tarantul, A. (2018). Cucumber (Cucumis sativus). *Journal of Healthy Eating and Dietetics* , (5), 21-30. DOI: 10.59316/.vi5.23
9. Yampolsky, A., & Eliseeva, T. (2019). Zucchini (lat. Cucúrbita pépo). *Journal of Healthy Eating and Dietetics* , (10), 26-36. DOI: 10.59316/.vi10.55
10. Eliseeva, T., & Tkacheva, N. (2018). White cabbage (lat. Brassica). *Journal of Healthy Eating and Dietetics* , 4 (6), 13-23. DOI: 10.59316/.vi6.28
11. Tkacheva, N., & Eliseeva, T. (2022). Sulfur (S) – value for the body and health + 20 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 80-87. DOI: 10.59316/.vi19.164
12. Eliseeva, T. (2022). Silicon (Si) – value for the body and health + 20 best sources. *Journal of Healthy Eating and Dietetics* , 2 (20), 39-46. DOI: 10.59316/.vi20.175
13. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 2 (8), 74-87. DOI: 10.59316/.vi8.45
14. Tkacheva, N., & Eliseeva, T. (2022). Zinc (Zn) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 5-15. DOI: 10.59316/.vi19.152
15. Eliseeva, T., & Yampolsky, A. (2019). Persimmon (lat. Diōspyros). *Journal of Healthy Eating and Dietetics* , 4 (10), 37-50. DOI: 10.59316/.vi10.56
16. Tkacheva, N., & Eliseeva, T. (2021). Iodine (I) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 4 (18), 75-84. DOI: 10.59316/.vi18.149
17. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 55-64. DOI: 10.59316/.vi19.160
18. Eliseeva, T., & Tkacheva, N. (2023). Carrot juice—8 scientifically proven health benefits. *Journal of Healthy Eating and Dietetics* , 2 (24), 31-36. DOI: 10.59316/j.edaplus.2023.24.5
19. Yampolsky, A., & Eliseeva, T. (2020). Parsley (lat. Petroselinum crispum). *Journal of Healthy Eating and Dietetics* , (12), 2-12. DOI: 10.59316/.vi12.70
20. Eliseeva, T., & Yampolsky, A. (2020). Basil (lat. Ócimum). *Journal of Healthy Eating and Dietetics* , 2 (12), 25-37. DOI: 10.59316/.vi12.72
21. Eliseeva, T. (2021). Cilantro has proven benefits for the body and is the recommended intake. *Journal of Healthy Eating and Dietetics* , 3 (17), 53-58. DOI: 10.59316/.vi17.123
22. Eliseeva, T., & Tkacheva, N. (2023). Celery juice is a natural elixir of energy and health. *Journal of Healthy Eating and Dietetics* , 2 (24), 2-7. DOI: 10.59316/j.edaplus.2023.24.1
23. Mironenko, A., & Eliseeva, T. (2020). Magnesium (Mg, Magnesium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (14), 60-71. DOI: 10.59316/.vi14.91
24. Eliseeva, T., & Tkacheva, N. (2019). Lemon (lat. Cítrus límon). *Journal of Healthy Eating and Dietetics* , 1 (7), 2-11. DOI: 10.59316/.vi7.34
25. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 55-64. DOI: 10.59316/.vi19.160

[The HTML version of the article](#) is available on the edaplus.info website.

Received 07/08/2020

**Nutrition for healthy nails - useful and dangerous products, recommendations**

*Eliseeva Tatyana* , editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia* , phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

*Abstract:* Nails are the mirror of human health. Their beauty and grooming are now one of the most important indicators of a person's social status. Manicure and careful care of nails - it is, of course, great, but without a balanced diet about their beauty can only dream of. From a biological point of view, nails are horny derivatives of human skin, the main purpose of which is associated with the protection of fingertips from injury. In addition, nails extend the range of operations performed. In some cases, they are used for self-defense purposes.