

---

# Superfoods for Healthy Skin

Just a few ideas for you

---



Its not all bad news when it comes to superfoods.....so go on - take a sneaky peak and then take FULL advantage of those special offers in your local supermarket & get on with your glow!

---

## 6 Quick & Easy Superfoods for Skin Health

- **Berries:** packed full of antioxidants are really important for skin health. These little powerhouses help to fight and neutralise the radicals that cause damage to skin cells and collagen resulting in wrinkles, flaking and other skin problems. They are a quick and easy breakfast or snack for any time of day that will contribute to your glow



- **Walnuts** : perfect for vegetarians or those who are not fond of



fish. Walnuts are a rich source of fatty acids containing omega 3s, so are perfect at adding a shine to your hair and contributing to smoother and younger looking skin.

- **Avocados** : a great 'get gorgeous' food, containing monounsaturated fatty acids which help to lower the 'bad cholesterol' levels. These little

gems also packed with Vitamin E provide the building blocks for healthy skin function, keeping in water and fighting free radicals - the major culprit of damaged and ageing skin, instead keeping your skin firm and dewy.



- **Citrus Fruits** : antioxidants such as Vitamin C have been shown to lighten dark spots (age spots or hyper pigmentation), calm inflammation and even out skin tone.



- **Dark chocolate (70-85%)** : cocoa is a vegetable so that makes chocolate a salad ...yes?! SERIOUSLY though,

change your taste to dark chocolate - its full of greatness! It is a powerful antioxidant, rich in iron, copper, magnesium and other minerals, so improves blood flow, protects against sun damage, reduces the risk of

heart disease by its effect on cholesterol, improve blood flow to the skin and improve skin density and hydration. Happy munching!



- **Tomatoes:** one of the best sources of lycopene. This is an anti-aging antioxidant that is also useful in preventing heart disease. It is more powerful in its cooked form so this is perfect for those fast-approaching winter warmers such as stews or as paste.

