

Health Tip of the Month

Eat Your Way to Clear Skin

Did you know our skin is our largest organ? What we eat has an impact on skin health and how it looks. We want to focus on healthy foods to prevent aging and acne.



Eat More

Benefits

Carrots, pumpkin and sweet potato



Beta carotene may prevent skin aging

Green and yellow vegetables, tomatoes and bone broth



May help reduce wrinkles

Protein such as fish, eggs, beans, nuts, seeds and meat



Protein makes up the building blocks of skin, it helps keep it smooth and strong

Fatty fish, avocados, sweet potatoes, broccoli, tomatoes, dark chocolate, extra virgin olive, green tea



May protect the skin from sun damage

Swaps to Prevent Acne

Make a few changes to eat more foods that prevent acne!



Acne-Promoting Foods

High-glycemic index foods like sugar, white rice, donuts

Too many omega-6 fatty acids (seed and vegetable oils) compared to omega-3 consumption

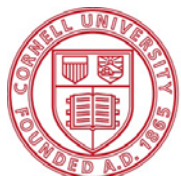
Dairy products: drinking one or more glasses per day (two to six glasses per week was less acne-promoting for some, as shown in current research)

Foods that prevent acne

Low-glycemic foods like blueberries, quinoa, and beans

Eating enough foods like: walnuts, flaxseeds, and fatty fish like salmon (omega-3 fatty acids)

Dairy substitutes: unsweetened soy milk, cashew cheese, unsweetened coconut yogurt



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