

Foods for your skin

Meet Our
Experts:
Skin

Meet Our Experts events are free events for the public, offering people the chance to talk to and learn from our qualified and highly-trained experts in health and wellbeing.

These events are part of Nuffield Health's commitment to supporting you to be as fit and healthy as you can be. By connecting our members and the wider community to our unique breadth of health and wellbeing experts, we aim to inform, educate and support you on a wide range of overall health and wellbeing topics.



nuffieldhealth.com/skin

Nutrition plays a key role in keeping your skin healthy. See the next page for key foods that will help make you and your skin happy!

Oranges, soy, ginger, salmon, sweet potato, broccoli

Fatty fish like salmon may provide protection from skin damage that occurs in response to inflammation and sun exposure. The astaxanthin in salmon may also improve skin elasticity and hydration. Soy contains isoflavones, which have been shown to improve wrinkles, skin elasticity, skin dryness and increase collagen as well as protect your skin from UV damage. Vegetables may prevent free radical damage to the skin. This is largely due to their strong antioxidant effects. Vitamin C found in oranges is also necessary to create collagen, the structural protein that keeps your skin strong.

Eggs, red bell peppers, tomatoes

Tomatoes are high in lycopene which helps protect the skin from sun damage and may help reduce wrinkles. Bell peppers contain plenty of beta-carotene and vitamin C – both of which are important antioxidants for your skin. Vitamin C is also necessary to create collagen, the structural protein that keeps your skin strong.

Spinach

This vegetable provides a level of sun protection to your skin and may prevent free radical damage to the skin. This is largely due to its strong antioxidant effects.