

# Eat your way to YOUNGER-LOOKING SKIN

If your complexion is looking dull, tired and lined after all that Christmas excess, read on for expert advice on how to get your glow back with the right nutrients...

Is 'get younger-looking skin' top of your wish list? At this time of year, dissatisfaction with the appearance of our skin is common, says HFG nutritionist Amanda Ursell. 'Over Christmas, late nights, too much alcohol and sugar-rich food can leave skin pale, blotchy and lined,' she says. But before you invest in expensive creams, take a look at what's in your fridge. 'A diet rich in skin-friendly nutrients can help skin regain some of its natural glow,' says Amanda - and dermatologists agree. 'In January I get lots of new clients arriving with outbreaks and dry skin,' says Harley Street dermatologist Dr Ariel Haus. 'Good nutrition is vital for youthful skin, and certain vitamins, minerals and antioxidants can help skin regenerate and stimulate collagen production.'

Evidence is emerging that, just as organs such as the heart can benefit from eating more of certain nutrients, the right diet may keep skin in peak condition and looking younger for

## VITAMIN A

**WHAT DOES IT DO?** Vitamin A normalises the production and life cycle of skin cells. It also has a potent antioxidant effect, fighting skin damage that can lead to wrinkles. Vitamin A comes in two forms - retinol from animal foods and beta-carotene from plants (see below).

- Eat more liver, oil-rich fish and egg yolks
- Quick skin booster mackerel pâté on oatcakes



## BETA-CAROTENE

**WHAT DOES IT DO?** Together with the red pigment lycopene found in tomatoes, beta-carotene has been shown in small studies to help protect our skin from sun damage,' says Amanda. 'Regularly eating foods rich in these nutrients may therefore give a little sun protection from the inside out - which is needed even during winter.'

- Eat more carrots, sweet potatoes, peppers, mangoes, orange-fleshed melon and green leafy veg
- Quick skin booster carrot and red pepper sticks - keep them ready-prepared in the fridge

## VITAMIN C

**WHAT DOES IT DO?** 'This is crucial for the production of healthy collagen,' says Amanda. 'Collagen is like the skin's body-stocking, giving it bounce and wrinkle-busting youthfulness.' Lines and sagging occur when collagen begins to break down as part of the ageing process.

- Eat more citrus fruits, berries, kiwi fruit, peppers, tomatoes and dark green leafy veg
- Quick skin booster kiwi and lime smoothie →

## SUPER-SKIN SUPPLEMENTS

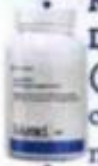
They won't replace a healthy diet, but these products could help give skin an extra boost...



**Perfectil Platinum (£40.35 for 60)** This multivitamin, which contains skin nutrients such as zinc, selenium and vitamins C and E, is loved by many a celebrity. It also has bio marine collagen - a protein that claims to strengthen skin and fight premature ageing.



**Vertese Omega Oils 3.6.9 (£7.15 for 60)** The capsules provide a balanced dose of omega 3, omega 6 and 9 fatty acids for softer, smoother skin.



**Murad Pure Skin Clarifying Dietary Supplement (£47 for 30, [murad.co.uk](http://murad.co.uk))** A combination of spot-busting nutrients - including zinc, vitamin A and antioxidants - which the company's own research found reduced blemishes by 55% in six weeks.

## LECITHIN

**WHAT DOES IT DO?** 'It's a vital nutritional component that your body needs to repair tissue, because it allows skin to build healthy new cells with strong membranes,' says Dr Murad, associate clinical professor of medicine at UCLA and founder of Murad skincare range.

- Eat more eggs, soya beans and other pulses, and seeds
- Quick skin booster omelette