



# 101 Foods for Gorgeous Skin

## Your Skin Needs...

- **Antioxidants** (such as vitamins, C, A, and E) for fighting free radicals that damage skin tissues
- **Omega-3** and **Omega-6 fatty acids** for protection against harmful ultraviolet rays and skin repair
- **Selenium** for defense against free radicals, wrinkles, and sagging
- **Zinc** for skin repair

### FRUITS

Apples  
Apricots  
Avocado  
Blackcurrants  
Blackberries  
Blueberries  
Cherries  
Cantaloupe  
Kumquats  
Mangoes  
Papaya  
Pineapple  
Pomegranates  
Raspberries  
Grapes  
Red skinned pears  
Strawberries  
Tomatoes  
Watermelon  
Peaches  
Oranges  
Grapefruit  
Tangerines

### DAIRY & NON-DAIRY PRODUCTS

Goat Milk  
Yogurt  
Oat Milk  
Cottage Cheese

### COLORFUL VEGETABLES

Beets  
Broccoli  
Carrots  
Collards  
Dandelion greens  
Kale  
Peppers  
Pumpkins  
Spinach  
Squash  
Sweet potatoes  
Watercress  
Alfalfa Sprouts  
Artichoke  
Cucumber  
Mushrooms  
Onions

### FISH AND SHELLFISH

Salmon  
Mackerel  
Tuna  
Sardines  
Herring  
Crab  
Clams  
Mussels  
Oysters  
Shrimp

### SEEDS

Chia seeds  
Flax seeds  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seed

### NUTS

Walnuts  
Almonds  
Brazilnuts  
Hazelnuts  
Pine nuts

### WHOLE GRAINS

Buckwheat  
Wheat germ  
Brown rice  
Oatmeal  
Quinoa

### LEGUMES

Chickpeas  
Kidney Beans  
Tofu  
Edamame  
Soy milk  
Lentils  
Other beans

### HERBS & SPICES

Burdock  
Cumin  
Fennel  
Garlic  
Nettles  
Turmeric

### OILS

Borage Oil  
Coconut Oil  
Evening Primrose Oil  
Flaxseed Oil  
Fish Oil  
Olive Oil  
Safflower Oil  
Sunflower Oil

### BEVERAGES

Water  
Coconut Water  
Green Tea  
Red Wine  
Coffee

### OTHERS

Honey  
Eggs  
Poultry  
Grass-fed Beef  
Chocolate  
Shea Butter