



Healthy Living Series

SKIN HEALTH

Did you know that our body's largest organ is actually our skin? Therefore, it's important to be mindful of what we're putting in our bodies and on our skin to keep it healthy.

Nutrition for Skin Health

- "Skin health starts from the inside out. It's important to focus on what you put in your body, not just what you put on your skin." -Dr. Shabana Parvez
- Make sure you eat plenty of fruits, vegetables, and whole grains.
- **Vitamin C** is important for collagen synthesis (berries, citrus fruits).
- **Omega 3 fatty acids** are anti-inflammatory and prevent breakouts (salmon, sardines, walnuts, avocados).
- **Beta Carotenes** are an antioxidant that help protect the skin (broccoli, tomato, bell peppers, carrots).
- Other important nutrients include Vitamin E, Vitamin A (carrots and leafy greens), and Zinc (sunflower seeds, salmon, avocado, walnuts, eggs).



Other Tips for Skin Health

- Be gentle: avoid strong soaps, take short showers in warm (not hot) water, and moisturize often.
- Stay hydrated with plenty of water.
- Protect your skin from the sun by using sunscreen with SPF 15+ every day, wearing protective clothing, and keeping to the shade when possible.
- Manage stress, get enough sleep, and make time to do the things you enjoy.
- Don't smoke: smoking limits blood flow to the skin, depletes it of oxygen and nutrients, and increases your risk of skin cancer.