

What Eating These 5 Foods Every Day Will Do for You

There are various foods that help to make your skin naturally beautiful and healthy. But did you know that experts are now saying consuming these foods raw can be more beneficial for your skin?

A few of such foods are:

1. **Citrus and berries.** Vitamin C, abundantly found in citrus fruits, is a powerful antioxidant that increases the formation of collagen for promoting supple and soft skin. Berries are crammed with antioxidants that slow the process of aging. Moreover, the fiber contained in berries helps to eradicate harmful toxins out of the body before they cause skin disorders such as acne and zits. So, be sure to include at least one serving of fresh citrus and berries daily to achieve gorgeous skin.

2. **Pistachios and walnuts.** Pistachios and walnuts are loaded with vitamins B and E, which are known to protect the skin from cell damage. Vitamin E is a potent antioxidant that works by destroying the free radicals that accelerate skin aging. On the other hand, vitamin B enhances blood circulation and offers a youthful and radiant glow to the skin.

Experts suggest consuming pistachios and walnuts along with fruits in order to slow down the process of digestion and the breakdown of sugar.

3. **Spinach and kale.** Spinach and kale are green leafy vegetables that are rich in phytonutrients. They provide extra protection to the skin from the damaging effects of the sun's rays and keep the skin firm and smooth. Spinach is especially healthy since it is composed of nutrients such as lutein and beta-carotene, which have been found to increase the skin's

elasticity. It is suggested that consuming at least three cups of kale or spinach per week can do wonders for your skin. You can also consider mixing them together and relish the goodness of this delicious salad for beautiful skin and a healthy body.

4. Apples. Apples are another good source of vitamin C that works to increase the formation of collagen. The copper present in apples assists in the formation of melanin, which is a natural pigment found in the skin and works to protect the skin from the harmful effects of sun rays. You may consider adding chopped apples to a cup of yogurt or salad.

5. Almond milk. Another effective tip for increasing the natural glow of your skin is almond milk. It is rich in minerals such as manganese and copper. Copper is popularly known to boost the formation of collagen, and manganese has properties to protect the skin from damaging ultraviolet rays of the sun. You may drink almond milk as you would regular milk. It can also be used with cereal and blended with nutritious fruits to prepare a nourishing and scrumptious smoothie.

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