

# Jenny Jones

## My Top Ten Foods for Glowing Skin

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### 1. Fish

Salmon, tuna, cod and sardines are high in omega-3 fatty acids, which help moisturize and promote healthy skin (& give you shiny hair). Crabmeat is high in selenium, an antioxidant that can improve skin elasticity. I try to eat a can of sardines every week.

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### 2. Sweet Potatoes

Yellow and orange foods (no, not cheese curls), but sweet potatoes, pumpkins, carrots, apricots, mangoes, cantaloupe, egg yolks, and yellow and orange peppers are very high in beta-carotene, which helps with dry skin, and helps repair tissue for smooth and soft skin. It also helps protect your skin from sun damage from those dreaded UV rays. \*Canned pumpkin has a lot more beta-carotene than fresh.

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### 3. Blueberries

Blueberries are anti-aging superstars with tons of antioxidants to fight free radical damage, which ages your skin. All berries, cranberries included, promote glowing skin.

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### 4. Oranges

Oranges and other foods high in vitamin C like strawberries, red peppers, and cooked spinach help promote collagen growth and help fight free radical damage to the cells, which is what ages the skin. Kiwi fruit contains twice as much vitamin C as an orange, and a red pepper has triple!

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### 5. Beans

Ever hear of hyaluronic acid? It's what's in a lot of skin creams and even fillers! It hydrates the skin and increases elasticity and collagen production. Beans, especially red and black ones, are loaded with it. Beans also contain zinc which helps fight acne.

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### 6. Fat

A fat-free diet depletes your skin of moisture and the older we get the drier our skin. Healthy fats like olive oil, canola oil, avocados, nuts & seeds are essential to keep skin plump and youthful looking and prevent dryness.

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### 7. Tomatoes

New research indicates that the lycopene in tomatoes can help protect the skin from sun damage, the worst kind. Cooked and canned tomato products contain more lycopene than fresh. Other sources are pink and red grapefruit and watermelon.

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### 8. Nuts

Walnuts, almonds, and pecans are a great source of protein, which promotes cell repair for improved elasticity and skin tone, plus the oils in nuts help to hydrate your skin. Almonds are high in vitamin E which helps prevent cell damage, and Brazil nuts provide lots of selenium for improved skin elasticity.

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### 9. Edamame

Edamame and soy products like tofu, miso, and soymilk are high in isoflavones, which work like estrogen in the body and help to preserve skin-firming collagen, preventing wrinkles. Other good sources of isoflavones are garbanzo beans and peanuts.

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### 10. Tea

Many skin creams now contain green tea. Green, white, and black tea all contain flavinoids, which reduce inflammation and can prevent wrinkles. I drink lots of green tea and I believe it's why I'm always complimented on my skin.

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