



# Eat the rainbow

*Eat your way to glowing skin with a variety of fruits, vegetables, grains, nuts, meats and legumes.*

By Caroline Robertson

For sensational skin, eat at least five portions of fruit and vegetables a day containing the following:

## Vitamin A

Carotenoids - yellow, orange and red pigments that can be found in fruit - can make your skin healthy by protecting skin cells from sun exposure, which may help prevent sunburn, cell death and dry, wrinkled skin. It's found in oranges and vegetables such as carrots, papaya, pumpkin, spinach and sweet potato.

## Vitamin B3 and Vitamin B5

Vitamin B3 can reduce the appearance of aged skin and brighten it, while vitamin B5 can improve skin-barrier functioning and prevent skin water loss. Both can be found in avocado, nuts, leafy greens and legumes.

## Vitamin C

A super antioxidant, vitamin C can promote radiant skin by helping to produce collagen, which in turn can strengthen capillaries, help blemishes heal and support the immune system. Vitamin C-rich fruits and vegetables currently in season include kiwi fruits, oranges and sweet potatoes.

## Vitamin E

To help protect skin from cell damage, choose foods high in vitamin E, such as avocados, spinach and hazelnuts. Taking lots of vitamin E can help keep your vitamin A stores up too.

## Vitamin K

Helping to heal wounds and bruises, vitamin K can tackle darkened skin due to circulatory problems. Include green leafy vegetables in your diet, such as kale and spinach.

## Zinc

Involved in the normal functioning of the sebaceous glands in the skin that produce sebum and promote rapid repair, zinc-rich foods include fish, lean red meat, wholegrains, poultry, nuts, seeds and shellfish.



## Spice up your life

- **Ginger:** Anti-inflammatory and may help prevent age spots.
- **Cinnamon:** Can increase collagen production for skin firmness and elasticity.
- **Cumin:** A versatile herb that can help prevent premature aging.
- **Fennel:** This aniseed-tasting herb can reduce irritation and redness.
- **Turmeric:** Delicious, multi-functional, anti-inflammatory and anti-bacterial.



## Don't forget your nuts!

Hazelnuts, pecans and walnuts are currently in season, and not only can they kill hunger pangs, they're a rich source of omega-3 fatty acid alpha-linolenic acid. Nuts also contain vitamin A, B and E, fibre, folate, zinc, potassium, magnesium and fibre, which can boost skin health by keeping age-related fine lines and wrinkles at bay. They're also high in polyphenols, which can help combat degenerative diseases. Aim to eat 20 nuts a day. **P.**



*Caroline Robertson is a qualified naturopath at Flannerys Organic & Wholefood Market, which has stores in Crows Nest, Lane Cove and Mona Vale. For more information, visit [flannerys.com.au](http://flannerys.com.au)*

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