

26 Healthy Foods That Will Improve Your Skin

Want to improve your skin quality with diet? Incorporate these 26 foods for healthy skin.

1. **Kiwi** - This is an excellent source of vitamin C. One kiwi is more than your daily needs.
2. **Eggs** - Eggs are efficient sources of protein and fat without many calories.
3. **Pumpkin** - This is one of the best sources of beta-carotene, which your body turns into vitamin A.
4. **Blueberries** - Rich in vitamin C and antioxidants, these fight skin aging.
5. **Fish** - Fish are generally full of omega-3 fatty acids.
6. **Water** - This is the most important nutrient for your skin. Water helps bind the molecules of your skin together. Drink lots of water so your skin stays smooth and hydrated.
7. **Broccoli** - Contains vitamins A and C to fight lines and wrinkles.
8. **Avocados** - Full of healthy fats, vitamins A and C, and fiber to enhance your complexion.
9. **Sweet potatoes** - A decent source of vitamin A.
10. **Chickpeas** - These are protein-rich and low on the glycemic index. That means lower blood sugar and less inflammation and acne.
11. **Mackerel** - This is one of the best sources of vitamin B12, which reduces dark spots.
12. **Olive oil** - Most of the fat in olive oil is monounsaturated, which is good for your skin. It also contains antioxidants.
13. **Walnuts** - These boost collagen production, which improves the flexibility and youthfulness of your skin.

14. **Oranges** - These are packed with vitamin C.
15. **Kale** - This is *packed* with vitamin A.
16. **Kidney beans** - These are full of protein and zinc, which fight acne and repair skin.
17. **Pomegranates** - These contain polyphenols, which resist free radicals and improve blood flow to your skin so it has the nutrients it needs to repair itself.
18. **Sunflower seeds** - You'll find plenty of vitamin E here, an essential vitamin for overall skin health.
19. **Green tea** - This protects you from the effects of aging and sun damage.
20. **Salmon** - This is full of fatty acids that help your skin rebuild itself and keep moisture in.
21. **Watermelon** - This is one of the best fruits for your skin due to its high water content and low sugar content.
22. **Tomatoes** - Contain lots of lycopene, an antioxidant that protects your skin from the sun's harmful UV rays.
23. **Almonds** - Rich in vitamin E to prevent aging and defend you from skin cancer.
24. **Oatmeal** - This is an excellent breakfast food because it has a low glycemic index. Opt for oatmeal over bagels, toast, donuts, etc.
25. **Oysters** - These are powerful sources of zinc, which support skin cell growth.
26. **Soy** - Soy contains isoflavones, which reduce wrinkles and lines and improves skin elasticity, collagen, and dryness.