

# InnerGlow Skin Care

## Markham Village Naturopathic Clinic

258 Main Street North, Markham, Ontario, L3P 1Y7 (905) 201-6497

### Wrinkle-Fighting Foods To Include In Your Diet Every Day

*Research proves that consuming healthy foods can help your skin have a youthful, plump, radiant, glowing appearance. In 2007, the American Journal of Clinical Nutrition published a study done by British researchers that examined whether the food people eat affects the way their skin looks – and the answer was clear. More pronounced wrinkles were found in those with a higher intake of bad fats and processed carbohydrates (such as white bread and packaged cookies and snacks), while a diet rich in vitamin C was found to reduce wrinkling later in life. There is no doubt that the foods you choose have a lot to do with the beauty of your skin!*

#### What Does Food Have To Do With It?

The body is made up of more than 100 billion cells, each of which is made up of fats and proteins. Carbohydrates offer these cells energy. These three components are necessary to support your body's basic health.

However, these nutrients alone do not make your body and skin healthy. Your body also needs vitamins, minerals, and phytonutrients to perform optimally and look radiant. These nutrients help the skin repair damage, build support structures, stay moist, and prevent disease. For example, collagen is the skin's main structural component, and the body cannot make it without vitamin C. If you do not eat foods rich in vitamin C, such as oranges, lemons and strawberries, your skin can lose its tight structure and begin to loosen, sag and wrinkle.

- Buy organic
- Support local farmers
- Visit the farmer's market
- Grow a garden
- Make your food beautiful
- Prepare food with

Fruits and vegetables are an important part of every healthy diet. Because they are packed with vitamins, minerals, antioxidants, and other phytonutrients that are beneficial to your skin, they are a vital part of a diet geared towards vibrant skin. The Canada Food Guide suggests that adults consume 8-10 servings of fruit and vegetables each day.



## Wrinkle-Fighting Fruits

Choose fresh fruits that are rich in colour, which indicates that they are packed with anti-oxidants.  
(Best choices are indicated with an \*).

- \*Acai berries
- Apples
- Apricots
- Avocados
- \*Blackberries
- \*Blueberries
- Cantaloupe
- Cherries
- Coconut
- \*Goji Berries
- Grapefruit
- Kiwi
- Limes
- Mango
- Papaya
- \*Pomegranate
- Tomatoes
- Watermelon

## Wrinkle-Fighting Vegetables

The less you do to a vegetable, the more phytonutrients remain intact. Boiling, microwaving, or baking vegetables will lower their phytonutrient value and reduce the vegetable's ability to prevent wrinkle formation. Eating vegetables in a raw or minimally processed state will deliver the greatest phytonutrient boost.

- \*Beets
- Bell Peppers
- Brussel Sprouts
- Cabbage
- Celery
- Cucumber
- Garlic
- \*Kale
- Onions
- Parsley
- Radish
- \*Red Peppers
- \*Spinach
- Sweet potatoes
- \*Winter squash

## Other Wrinkle-Fighting Foods

- Almonds
- Flaxseeds
- Sesame Seeds
- Sunflower Seeds
- Legumes
- Sea vegetables
- Olive oil
- Green tea
- Oats
- Super green foods  
(such as wheatgrass,  
barley and spirulina)

## Avoid Sugar

Eating a diet full of high-sugar foods, such as soda, candy, white bread, and processed foods is associated with greater skin wrinkling. There is a theory among scientists that simple-sugar diets can increase the formation of compounds called “advanced glycosylation end products” (AGE). (Yes, the scientists thought it was funny to call these compounds AGE, as they are associated with the signs of aging, including wrinkles.) AGE compounds form in collagen, interfering with its ability to keep the skin looking smooth and tight, thereby increasing the formation of wrinkles.