

Nutrition & Skin Health

In the warmer months, we tend to expose our skin to the sun more often and for longer periods. Incorporate these nutrients, foods, and practices to protect your skin!

Antioxidants

Vitamins A, E, and C are important for protecting your skin from damage, trapping skin moisture, and supporting collagen production, respectively. Eating a wide variety of colorful fruits and vegetables, nuts, and seeds will give you plenty of these nutrients.

Collagen & Protein

Collagen is a protein giving firmness and elasticity to the skin. The body naturally produces collagen, but this process reduces with age. Eating protein-rich foods like legumes, eggs, poultry and fish can help.

Omega-3 Fatty Acids

This type of fat—found in fatty fish, flax seeds, chia seeds, seaweed, and walnuts—helps to strengthen the skin barrier and reduce inflammation.

Water & Hydrating Foods

Not just about drinking water, hydration is also supported by eating crunchy and/or juicy fruits and vegetables. Staying hydrated helps keep your skin moisturized.

Additional Tips

Limit sun exposure between 10am and 4pm, use SPF 30 sunscreen daily, and wear hats to protect your skin from being damaged by the sun.



For more detailed information, see our blog post by scanning the QR code.