

Certain foods and nutrients have the ability to supercharge our beauty and health by not only increasing our energy levels, fighting outward signs of premature aging and disease, but also promoting strong nails, luxurious hair and youthful looking skin. We want our outer beauty to reflect our incredible internal beauty. Nourish your beauty from the inside out and radiate your best self. ~ *Mia*, Nutritionist behind Nutrition By Mia



## Top 10 Beauty Foods



**Strawberries** have more vitamin C per serving than an orange!



**Oysters** are known for their bioavailable zinc and quality complete protein.



**Avocados** supply the skin with healthy fats & phytonutrients to keep it nourished.



**Flaxseeds** are a significant source of anti-inflammatory omega-3s.



**Tomatoes** are known for their UV-protective lycopene. Cooking tomatoes increases its absorption!



**Green Tea** catechin antioxidants are among the most powerful, acting to block wrinkle formation & reverse UV damage.



**Salmon** boasts ample protein & omega-3's that fight inflammation and prevent collagen breakdown.



**Eggs** are a complete protein source and a good source of preformed vitamin A.



**Sweet Potatoes** are a potent source of beta-carotene which converts to beauty nutrient, vitamin A. One cup packs well over your daily value!



**Water** the "forgotten nutrient" makes up 60-70% of our body & skin. Dehydration releases stress hormones which can lead to fatigue and inflammation.

## Top Beauty Nutrients

**Protein** provides amino acids, the building blocks for strong collagen, elastin and keratin, the components of skin, hair and nails. They are essential for continual manufacturing and repair.

**Vitamin C** is a powerful antioxidant that protects cells from free-radical damage, and is essential for the production of collagen and elastin, the structural components of skin that keep it toned and firm.

**Vitamin E** is an antioxidant that protects, repairs and nourishes our skin from the inside out by protecting cell membranes, maintaining skin and scalp moisture, and supporting activity of anti-aging antioxidant, glutathione.

**Lycopene** is a carotenoid antioxidant that has been shown to enhance anti-aging sun defenses, helping to block harmful UV damage in the skin like wrinkles, age spots and lines.

**Selenium** is a brazil nut's claim to fame. This powerful antioxidant is responsible for maintaining skin firmness and elasticity, and protecting cell membranes from damage.

**Biotin** is needed to build healthy fats in the skin to keep it moist and supple. Deficiency is often exhibited by dry, flaky skin or dermatitis.

**Vitamin A/Beta-carotene** Antioxidant beta-carotene converts to vitamin A in the body which is essential for the renewal and repair of new skin cells. This keeps skin smooth and glowing while preventing flaking and dryness.

**Zinc** is vital for production of rapidly growing tissues like hair, skin, and nails. It also acts to fight inflammation and redness. A lack of zinc can lead to hair loss and a flaking scalp.

**Omega-3s** These anti-inflammatory fatty acids keep our skin youthful and hair healthy by strengthening cell membranes and aiding in healthy oil production for hydrated skin and scalp.