



EAT FRESH FOR A SKIN REFRESH

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FEED YOUR SKIN FROM THE INSIDE OUT

A diet rich in fruits, vegetables, seafood, nuts, seeds, and healthy fats provides the nutrients your skin needs to stay strong, hydrated, and resilient. Here are some key nutrients to focus on:

VITAMIN A Supports skin cell turnover and repair. <i>Sources: 1 medium sweet potato, carrots, spinach, or kale</i>	VITAMIN C Helps build collagen and supports skin hydration. <i>Sources: 1 orange + ½ cup bell peppers, kiwi, strawberries, or broccoli</i>	VITAMIN D Supports the skin's natural defenses and healthy immune function. <i>Sources: 3–4 oz salmon, fortified milk, or plant milk</i>	VITAMIN E Helps protect skin from oxidative stress and environmental damage. <i>Sources: 23 almonds, ¼ cup sunflower seeds, avocado, or peanuts</i>
OMEGA-3 Help maintain skin moisture and support inflammatory response. <i>Sources: fatty fish twice per week, 1 Tbsp chia seeds, or 2 Tbsp ground flaxseed daily</i>	ZINC Supports wound healing and healthy skin maintenance. <i>Sources: 3 oz lean beef, ¼ cup pumpkin seeds, lentils, or beans</i>	CAROTENOIDS AND POLYPHENOLS Help defend skin against everyday environmental stressors. <i>Sources: at least 5 servings of colorful fruits and vegetables each day</i>	

BUILD A SKIN-HEALTHY PLATE!

Based on: Assaf & Kelly, *Nutritional Dermatology: Optimizing Dietary Choices for Skin Health* (Nutrients, 2025).

