



FOODS THAT HELP IMPROVE SKIN HEALTH

*Nutritional Secrets for a
Glowing Skin*

BY ADIA MUI

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Hey i'm Adia

As a **Certified nutritionist** with a Bachelor of Health Science in Clinical Nutrition, I bring a unique blend of Western nutrition science and traditional Asian health practices to my work. With over 330 hours of hands-on clinical experience, I've helped clients manage various health challenges, particularly related to menopause, by developing personalized nutrition plans that address hormonal imbalances, weight management, and age-related concerns.

What sets me apart is my ability to merge modern nutrition science with traditional Asian wellness philosophies. Growing up in an Asian culture, I value holistic health approaches like **養生 (Yang Sheng)**, which focuses on nourishing life and balancing the body. This allows me to combine nutrient-rich foods, mindful practices, and holistic strategies with evidence-based Western nutrition for a **well-rounded approach to wellness**.

In addition to my clinical practice, I hold advanced Diplomas in Human Biochemistry, Food Science, Nutrition, and Quality Control from The University of Hong Kong. This strong foundation in both the science of nutrition and traditional wellness helps me guide people through wellness with tailored solutions that balance modern health strategies with the wisdom of Asian culture.



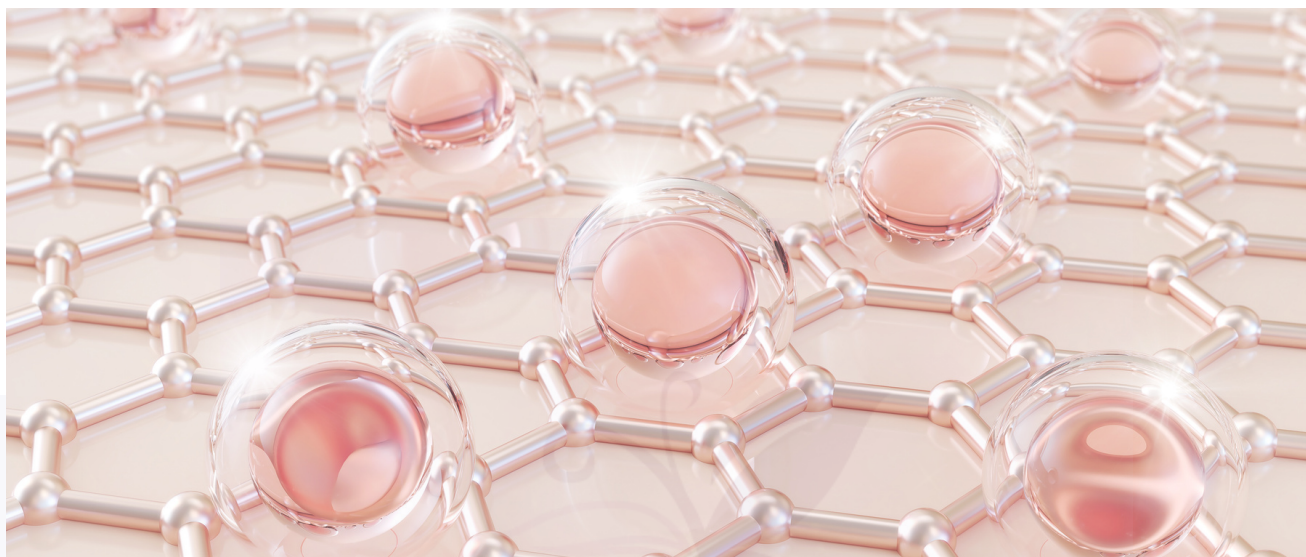
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Nourish Your Skin from Within

Healthy, glowing skin isn't just about what you put on the outside—what you eat plays a massive role in how your skin looks and feels. Certain foods can help nourish your skin, protect it from damage, and reduce wrinkles, leaving you with a radiant, youthful complexion. This guide will explore the best foods to incorporate into your diet for clear, hydrated, and glowing skin.

How to Use This Guide: Regularly adding these nutrient-packed foods to your meals will improve your skin's health over time. Consistency is key—aim to make these foods a part of your everyday diet.

FATTY FISH

(SALMON, MACKEREL)



Why It's Good for Skin:

Fatty fish like salmon and mackerel are rich in **omega-3 fatty acids**, including **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid). These omega-3 fatty acids play a crucial role in keeping the skin hydrated by supporting the skin barrier function. Additionally, they help reduce inflammation in the body, which can contribute to a more even skin tone and reduced redness. Omega-3s also aid in maintaining skin elasticity, which is important for a youthful appearance. Furthermore, these fatty acids have been shown to offer protection against sun damage and can help decrease the likelihood of acne flare-ups by regulating oil production and reducing inflammation in the skin.

How to use it:

It is recommended to grill, bake, or steam fatty fish twice a week and incorporate it into your evening meal in order to maintain vibrant and well-moisturized skin.

AVOCADOS

Why It's Good for Skin:

Avocados are a nutrient-dense fruit that is loaded with healthy monounsaturated fats, which are beneficial for heart health. They are also a great source of vitamin E, an antioxidant that helps maintain your skin's moisture levels and protect it from oxidative damage caused by free radicals. In addition, avocados are rich in vitamin C, which is essential for collagen production, promoting skin firmness and elasticity. Including avocados in your diet can be a delicious way to support both your skin and overall health.

How to Use:

- Add avocados to your salads.
- Blend them into smoothies.
- Spread them on toast for a delicious skin-boosting snack.



*I appreciate
the variety of
foods that
support my
health.*

Sweet Potatoes

Why It's Good for Skin:

Sweet potatoes are a fantastic source of beta-carotene, which is converted into vitamin A in the body. Vitamin A acts as a natural sunblock for your skin, helping to protect it from harmful UV rays and prevent sun damage. Additionally, beta-carotene supports healthy skin cell turnover, which can contribute to a more radiant complexion, and it may also help reduce the appearance of fine lines and wrinkles.

How to use it:

When incorporating sweet potatoes into your diet for skin benefits, consider roasting or steaming them to preserve their nutrients. Enjoy them as a delicious and nutritious side dish, or get creative by adding them to salads for an extra boost of skin protection.



Berries

(Blueberries, Strawberries)

Why It's Good for Skin:

Berries are an excellent source of antioxidants, especially vitamin C and anthocyanins. These powerful compounds play a vital role in protecting the skin from free radical damage, which can accelerate aging. Additionally, antioxidants help promote collagen production, keeping the skin firm and reducing the appearance of wrinkles.

How to use it:

1. Snack on a handful of fresh berries to enjoy their natural goodness and refreshing flavor.
2. Blend them into your favorite smoothies for a nutritious and delicious boost. Berries add a pleasant sweetness and vibrant color to your smoothie creations.
3. Enhance the nutritional value of your breakfast by sprinkling berries over yogurt or oatmeal. This adds a delightful burst of flavor and a dose of antioxidants to kick-start your day.



Nuts

(Almonds, Walnuts)

Why It's Good for Skin:

Nuts such as **almonds** and **walnuts** are excellent for maintaining healthy skin due to their **high vitamin E** and **healthy fat** content. Vitamin E acts as an antioxidant, protecting the skin from oxidative stress and helping to lock in moisture. Additionally, walnuts are a great source of omega-3 fatty acids, which have anti-inflammatory properties and can help prevent skin conditions such as eczema.

How to use it:

To incorporate these skin-friendly nuts into your routine, consider adding a small handful to your daily snacks. You can also mix them into your morning yogurt or salads for a tasty and nutritious boost.



Green Tea

Why It's Good for Skin:

Green tea contains a high concentration of catechins, which are a type of **polyphenol** known for their potent antioxidant properties. These catechins, particularly epigallocatechin gallate (EGCG), help protect the skin from **UV radiation** and **environmental damage**. Additionally, the anti-inflammatory properties of green tea can reduce redness and irritation, making it beneficial for individuals with sensitive or acne-prone skin.

How to use:

To incorporate green tea into your skincare routine, you can brew a cup of green tea and allow it to cool before using it as a facial toner. Alternatively, you can place cooled green tea bags on the eyes to reduce puffiness and soothe the delicate skin in that area. Applying a green tea-infused moisturizer or serum can also provide a protective and soothing effect on the skin.



Dark Leafy Greens (Spinach, Kale)

Why It's Good for Skin:

Dark leafy greens such as **spinach** and **kale** are excellent for your skin due to their high content of **vitamins A, C, and E**. Vitamin A helps to protect the skin from damage, vitamin C improves hydration and boosts collagen production, while vitamin E contributes to skin health by fighting inflammation and detoxifying the skin.

How to use it:

Including these nutrients in your diet can lead to healthier, more radiant skin. You can incorporate spinach or kale into your meals by adding them to salads, smoothies, or stir-fries to ensure you get a skin-boosting dose of these beneficial nutrients.



Dark Chocolate

Why It's Good for Skin:

Dark chocolate is a great addition to your skincare routine due to its high flavonoid content. **Flavonoids** are powerful antioxidants that help protect the skin from sun damage and improve blood circulation, resulting in a more radiant complexion. Additionally, dark chocolate can help reduce stress, which in turn can benefit your skin's appearance by preventing stress-related breakouts and other skin issues.

How to use it:

To make the most of dark chocolate's skin-boosting benefits, opt for a small piece of dark chocolate with a cocoa content of **70% or higher** as an occasional treat. This ensures that you are consuming a higher concentration of **flavonoids**, maximizing its positive effects on your skin.



Tomatoes

Why It's Good for Skin:

Tomatoes are a rich source of lycopene, a powerful antioxidant that belongs to the carotenoid family. This antioxidant is known for its ability to protect the skin from UV damage by neutralizing harmful free radicals, which are produced by the skin when exposed to sunlight. Additionally, lycopene can help improve skin texture by promoting collagen production and reducing the activity of collagen-degrading enzymes.

Incorporating tomatoes into your diet can help reduce the risk of sunburn and contribute to improving your skin's overall tone. Lycopene has been shown to have photoprotective properties, which means it can provide an additional layer of defense against the sun's harmful rays when used in conjunction with sunscreen.

To make the most of the skin-protective benefits of tomatoes, consider adding them to your salads, sandwiches, or soups. Whether eaten raw or cooked, tomatoes can be a refreshing and nutritious addition to your meals, offering a delicious way to support the health and appearance of your skin.



Take Away Notes:

- Glowing, clear skin starts from within! This guide provides a list of nutrient-packed foods that promote skin hydration, elasticity, and repair.
 - Key Foods: Incorporate foods high in antioxidants, omega-3 fatty acids, and vitamins A, C, and E like berries, fatty fish, nuts, seeds, and leafy greens for lasting skin benefits.
 - Nutrient Focus: Antioxidants fight free radicals, while omega-3s and vitamins help boost collagen, reduce inflammation, and protect against skin damage.
 - Quick Tip: Regularly consume these skin-loving foods and stay hydrated to maintain a radiant, youthful complexion.
 - Next Step: Try adding 1-2 of these foods daily or combine them into meals and smoothies to build a consistent skin-care diet.
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Bonus:

Nutrition Affirmations



Bonus: Glowing Skin Recipes

These three recipes are packed with the nutrients your skin needs to stay radiant, smooth, and youthful. Enjoy them regularly for long-lasting benefits!

SPINACH & WALNUT STUFFED AVOCADO:

This easy-to-make recipe combines creamy avocado with spinach, walnuts, and seeds for a delicious, nutrient-packed meal that supports skin hydration and elasticity.

Ingredients:

- 1 ripe avocado, halved and pitted (rich in vitamin E and healthy fats)
- 1/2 cup fresh spinach, chopped (for vitamin C and skin hydration)
- 2 tablespoons walnuts, chopped (for omega-3s and healthy fats)
- 1 tablespoon sunflower seeds (for vitamin E and antioxidants)
- 1 tablespoon olive oil (for anti-inflammatory benefits)
- 1 teaspoon lemon juice
- Salt and pepper to taste

Instructions:

1. Scoop out a bit of the avocado from each half to create more room for the filling.
 2. In a small bowl, combine the chopped spinach, walnuts, sunflower seeds, olive oil, lemon juice, salt, and pepper.
 3. Stuff the avocado halves with the spinach and walnut mixture.
 4. Serve immediately as a light lunch or snack. You can also drizzle a bit of extra olive oil on top for added richness.
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Glowing Skin Recipes

OMEGA-3 PACKED GREEN SMOOTHIE:

This refreshing smoothie is loaded with leafy greens, omega-3-rich chia seeds, and healthy fats from avocado to help nourish your skin from the inside out.

Ingredients:

- 1 cup spinach (leafy green for skin hydration and antioxidants)
- 1/2 avocado (for healthy fats and vitamin E)
- 1 tablespoon chia seeds (for omega-3s)
- 1/2 cup blueberries (for antioxidants)
- 1 tablespoon almond butter (for vitamin E and healthy fats)
- 1 cup almond milk (or any plant-based milk)
- 1 teaspoon honey (optional, for sweetness)

Instructions:

1. Combine all ingredients in a blender.
 2. Blend until smooth and creamy.
 3. Pour into a glass and enjoy this skin-boosting smoothie in the morning for a glowing complexion!
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Glowing Skin Recipes

GREEN TEA WITH ALMOND & BLUEBERRY OAT BARS:

Ingredients:

- 2 cups rolled oats
- 1/2 cup almonds, chopped (for vitamin E and healthy fats)
- 1/2 cup blueberries, fresh or frozen (for antioxidants and vitamin C)
- 1/4 cup honey or maple syrup (natural sweetener)
- 1/4 cup almond butter (for vitamin E and hydration)
- 1 tablespoon chia seeds (for omega-3s)
- 1 teaspoon vanilla extract
- Pinch of salt

Instructions:

- Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
 - In a large bowl, mix together the oats, almonds, blueberries, chia seeds, and a pinch of salt.
 - In a small saucepan, warm the almond butter and honey (or maple syrup) over low heat until melted and combined.
 - Pour the almond butter mixture over the dry ingredients and stir well until everything is coated.
 - Press the mixture into the prepared baking dish and bake for 15-20 minutes or until golden brown.
 - Allow it to cool completely, then slice into bars.
 - Serve with a warm cup of green tea, which is rich in polyphenols that help protect the skin from oxidative stress and improve skin elasticity.
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Thank you!

Achieving healthy, glowing skin goes beyond external care; it's deeply influenced by our diet. Incorporating specific foods into our meals can nourish the skin, protect it from damage, reduce wrinkles, and enhance its radiance and youthfulness.



Ready to Continue Your Journey?

You've taken the first step towards a healthier you. Now, let's keep the momentum going!

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- ***Grocery lists,***
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