



EAT FOR GREAT SKIN

YOUR GUIDE TO BETTER
LOOKING SKIN

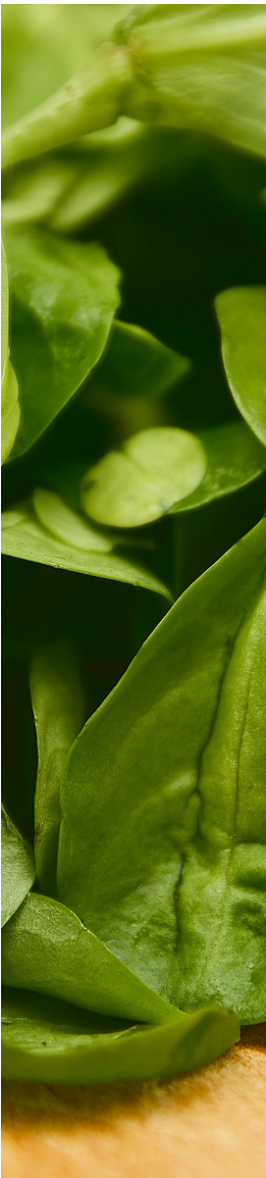
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A diet geared towards improving skin health from a functional nutrition standpoint would focus on providing essential nutrients, supporting gut health, reducing inflammation, and promoting overall well-being. Here's a sample meal guide:



BREAKFAST



- Green Smoothie: Blend together spinach, kale, cucumber, avocado, a handful of berries, chia seeds, and coconut water. This smoothie is rich in antioxidants, vitamins, and healthy fats that nourish the skin and support collagen production.

Mid-Morning Snack:

- Greek Yogurt Parfait: Layer Organic Greek yogurt with mixed berries, sliced almonds, and a drizzle of raw honey. Greek yogurt is high in protein and probiotics, which support gut health, while berries provide antioxidants and almonds offer vitamin E and healthy fats for skin nourishment.
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LUNCH



- Salmon Salad: Grill or bake salmon and serve it over a bed of mixed greens, cherry tomatoes, sliced cucumber, and avocado. Drizzle with olive oil and lemon juice for dressing. Salmon is rich in omega-3 fatty acids, which help reduce inflammation and maintain skin elasticity.

Afternoon Snack:

- Carrot Sticks with Hummus: Enjoy raw carrot sticks dipped in hummus. Carrots are high in beta-carotene, which converts to vitamin A in the body, essential for skin health. Hummus provides protein and healthy fats.

DINNER



- Quinoa Stir-Fry: Sauté mixed vegetables such as bell peppers, broccoli, and mushrooms in coconut oil with garlic and ginger. Add cooked quinoa and toss with tamari sauce or coconut aminos for flavor. Quinoa is a complete protein and a good source of zinc, which supports skin repair and regeneration.

Evening Snack (optional):

- Mixed Nuts: Enjoy a small handful of mixed nuts such as almonds, walnuts, and Brazil nuts. Nuts are rich in vitamin E, selenium, and zinc, all of which contribute to skin health and repair. Make sure they are raw! I like to add a little Celtic sea salt to them



MORE



- Throughout the day, stay hydrated by drinking plenty of water, herbal teas, and infused water with slices of cucumber, lemon, or mint. Hydration is essential for maintaining skin elasticity and promoting detoxification.
 - Limit processed foods, refined sugars, and unhealthy fats, as they can contribute to inflammation and skin issues.
 - Incorporate foods rich in antioxidants, such as berries, leafy greens, and colorful vegetables, to protect the skin from oxidative stress and damage.
 - Include probiotic-rich foods like yogurt, kefir, sauerkraut, and kombucha to support a healthy gut microbiome, which is linked to skin health.
 - Prioritize getting enough sleep, managing stress levels, and engaging in regular physical activity, as these factors also play a role in skin health and overall well-being.
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