



EAT YOUR WAY TO FABULOUS SKIN

Add these foods to your diet for healthy and radiant skin.



Dr R. Muthulaksmi,
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As much as we love our makeup and skincare, we know that beauty truly starts from within. Sure, you can cover up blemishes or enhance your features with products that work miracles, but you shouldn't take your diet for granted. A healthy and wholesome diet can affect the appearance and condition of your skin. Dr R. Muthulaksmi, consultant dermatologist at Columbia Asia Hospital, shares that as a rule of thumb, you should maintain a balanced diet, drink sufficient water, exercise regularly, and have enough sleep to keep your complexion bright and well nourished.

D A O D

If you have:

Dry skin

If you have:

Acne-prone skin

If you have:

Oily Skin

If you have:

Dull skin



Consume foods that contain healthy fats and oils, as they give your skin more moisture and elasticity. Dr Muthu strongly recommends adding ingredients like avocados, nuts and olive oil to your cooking. As dry skin lacks water, always carry a bottle of water with you so you don't get dehydrated. You could also load up on foods that are rich in vitamin A – tomatoes, passion fruit, sweet potatoes, carrots and spinach – to help your skin retain moisture.

Avoid foods that are packed with saturated fats. Instead, eat more greens to combat those irritating breakouts. High-fibre fruits and vegetables will help to cleanse your body of toxins. Cucumbers, carrots and green tea are also great additions to your diet, because they are anti-inflammatory. But the best food to combat acne, says Dr Muthu, is yogurt, as it contains skin-repairing protein, which improve gut health.

It's important for you to avoid fatty meats such as beef, lamb, sausages and anything that is rich in saturated fats. To combat shine, Dr Muthu suggests eating more foods with a low glycemic index (GI) like whole grains, pasta, oatmeal, sweet potatoes, beans and fruits. Low GI foods don't cause blood sugar spikes and hence, are said to improve your complexion and reduce inflammation. Cut down on sugary items too, as they will increase sebum production.

If you are looking to have a brighter and more dewy complexion, Dr Muthu suggests consuming foods that are rich in vitamin A such as carrots and tomatoes. Keep track of your diet by noting down what you eat, as foods that are high in sodium are likely to cause damage to your skin. Salty snacks such as potato chips, French fries and crackers often contain an inflammatory fat, called trans-fat, that worsen the effects of age and the environment on your skin.