The Good Skin Diet

The top 10 pantry staples to get a glowing complexion, one bite (or sip) at a time

BY DORI PRICE
SKIN SUPERFOODS

GREEK YOGURT
Probiotics do more than just heal your gut, says Whitney Bowe, NY-based dermatologist and author of The Beauty of Dirty Skin. They boost the production of ceramides (healthy fats in skin) and aid with recovery from exposure to UV rays.

BLUEBERRIES
Among berries, these have some of the highest amounts of antioxidants, giving protection against free-radical damage from pollution and the sun, says Joanna Vargas, facialist-to-the-stars and founder of Joanna Vargas Salon and Skincare Collection.

WALNUTS
A high concentration of vitamin E (a powerful antioxidant) helps skin stay smooth and plump, says Bowe.

HONEY
Natural sweeteners are much better for skin than artificial ones, says Bowe. The latter can also cause a hormonal imbalance, leading to inflammation. Honey is an especially sweet choice because it’s antibacterial and anti-inflammatory.

Find these superfoods in your face and body products too.

BLUEBERRIES SkinCeuticals A.G.E. Eye Complex, skinceuticals.com, $97, and Yes to Superblueberries Recharging Super Eye Mask, ulta.com, $3.
WALNUTS OleHenriksen Transforming Walnut Scrub, olehenriksen.com, $28.
HONEY Jergens Nourishing Honey Dry Skin Moisturizer, drugstores, $6, and Farmacy Honey Potion Renewing Antioxidant Mask, sephora.com, $56.
SKIN SUPERFOODS

CACAO, PUMPKIN & MATCHA TEA

→ PUMPKIN
The enzymes smooth out imperfections to deliver a luminous glow, says Vargas Brown. She also loves that the seeds are a good source of zinc.

→ CACAO
Chocolate for your skin? Yes, really, as long as it’s dark (70% cacao or higher). The polyphenols repair damaged skin and restore elasticity, says Sylwia Wiesenberg, founder and visionary of DOPE Naturally and Tonique Fitness.

→ MATCHA TEA
It’s loaded with antioxidants, which “act like Pac-Man and chomp up free radicals from the environment before they can penetrate into skin,” says Bowe.

69% of women think an inside-out approach to overall wellness is healthier than prescription medication. Source: The Benchmarking Company

Trend Alert
Beauty boosters, including pills and powders, are all the rage. They are supplements that can be added to your daily routine, says Bowe. Benefits include plumping, brightening and hydrating skin, but their full effects are still being studied.

- Vital Proteins Collagen Peptides, vitalproteins.com, $25
  Ingestible collagen can increase hydration in skin, making it more plump and firm.

- Heliocare Daily Use Antioxidant Formula, heliocare.com, $30
  This antioxidant formula protects skin from all types of free radicals, including infrared rays, blue light (from smartphones) and pollution.

- 8 Greens, 8greens.com, $14
  Get an extra dose of vitamin A, which helps with cell turnover, thanks to the spinach and kale that are condensed into this effervescent tablet.

- The Beauty Chef Glow Inner Beauty Powder, sephora.com, $70
  The name says it all—the mix of antioxidants, vitamins, minerals, essential fatty acids, amino acids, prebiotics and probiotics in this powder enhance skin’s natural glow.

BONUS!
Find these superfoods in your face and body products too.

Struggling with a specific skin problem? There's a diet to combat that!

**Fine Lines & Wrinkles**

**Eat This**
Protein (fish, eggs, beef and chicken) has amino acids, which are the building blocks of collagen in the skin. Celery and cucumber both contain silica, which boosts moisture and elasticity.

**Not That**
White bread, pasta, dried fruits—high-glycemic or sugar-laden foods can create inflammation.

**Skin Issue**  |  **Eat This**                                                                                           |  **Not That**                                                                                           |
---                  |  Foods with omega-3 fatty acids (olive oil, chia seeds, almonds, flax seeds and salmon) help repair the skin barrier. Cherries, berries, celery and zucchini also reduce inflammation.  |  Vegetable oil—the omega-6 fatty acids increase sensitivity. Spicy foods and sugary drinks can cause flare-ups.  |
**Redness/Rosacea**  |                                                                                                           |  Dairy foods and drinks containing whey and casein proteins, which can increase insulin and create a hormonal imbalance. Skim milk is one of the biggest culprits.  |
**Acne**            |  Brightly colored fruits and veggies have antioxidants that fight free radicals (which exacerbate breakouts).  |                                                                                                           |
**Dryness**         |  Avocado and olive oil are nourishing and contain healthy fats.                                          |  Salty and smoked foods, which tend to dehydrate skin.  |
**Dullness**        |  Carrots, squash, pumpkin and red peppers are all high in vitamin A, which helps with cell turnover.       |  Alcohol dehydrates skin, causing it to look sallow and tired.  |

*The Beauty of Dirty Skin* by Whitney Bowe
Learn all about the human microbiome and what Bowe calls the "healthy bugs" we need for a glowing complexion.

*The Beauty Chef: Delicious Food for Radiant Skin, Gut Health and Wellbeing* by Carla Oates
Over 150 delicious gluten- and dairy-free recipes (including healthy versions of spaghetti, pizza and fried chicken) that promote gut and skin health.

More than just a place to list your snacks, this easy-to-use guide includes informative overviews, checklists, Q&As, goal-setting guidance and more to put your beauty nutrition know-how into practice.
The nose knows
if your family is going through tissues like there's no tomorrow, it's officially pollen...ragweed... fill-in-the-blank season. Solution: Detox your house room by room to make it allergy-proof.
familycircle.com/allergy-proof-your-home

March 14 is Pi Day!
(3/14. Pi. Get it?)
OK, so the thinking behind Pi Day is to celebrate that magic number and all the digits beyond the decimal—but can you blame us for taking it as a cosmic high sign to bake a pie? Think pecan, Key lime and more.
familycircle.com/our-best-pies-ever

For a math lesson and Pi Day countdown, go to piday.org.

Take a little brain break!
Would you recognize your favorite celebrity’s pet? Take our quiz!
familycircle.com/celeb-pets

Happy St. Patrick’s Day!
We tweaked the frosting on iconic black-and-white cookies. May the luck of the Irish be with you!
familycircle.com/green-and-white-cookies

Spring ahead!
Daylight Saving Time begins on March 11. Before it messes up your sleep, we have seven ways to make sure you get your zzz’s.
familycircle.com/get-better-sleep

What year was Daylight Saving Time adopted in the U.S.?
☐ 1887 * See below for the answer!
☐ 1918
☐ 1933
☐ 1945

Photos: (clockwise from top left) Steven Meisel, Kate Mabry, Yung Hee Kim, Jonothan Kaminsky/Getty Images, Mark Levy/Getty Images.