Worksite Wellness Initiative: by Tara Campbell, Dietetic Intern
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Eat Your Way to Clear Skin

Did you know our skin is our largest organ? What we eat has an impact on skin health and how it looks. We want to focus on healthy foods to prevent aging and acne.

<table>
<thead>
<tr>
<th>Eat More</th>
<th>Benefits</th>
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<tbody>
<tr>
<td>Carrots, pumpkin and sweet potato</td>
<td>Beta carotene may prevent skin aging</td>
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<tr>
<td>Green and yellow vegetables, tomatoes and bone broth</td>
<td>May help reduce wrinkles</td>
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<tr>
<td>Protein such as fish, eggs, beans, nuts, seeds and meat</td>
<td>Protein makes up the building blocks of skin, it helps keep it smooth and strong</td>
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<tr>
<td>Fatty fish, avocados, sweet potatoes, broccoli, tomatoes, dark chocolate, extra virgin olive, green tea</td>
<td>May protect the skin from sun damage</td>
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Make a few changes to eat more foods that prevent acne!

**Acne-Promoting Foods**
- High-glycemic index foods like sugar, white rice, donuts
- Too many omega-6 fatty acids (seed and vegetable oils) compared to omega-3 consumption
- Dairy products: drinking one or more glasses per day (two to six glasses per week was less acne-promoting for some, as shown in current research)

**Foods that prevent acne**
- Low-glycemic foods like blueberries, quinoa, and beans
- Eating enough foods like: walnuts, flaxseeds, and fatty fish like salmon (omega-3 fatty acids)
- Dairy substitutes: unsweetened soy milk, cashew cheese, unsweetened coconut yogurt

Health Tip of the Month