The saying goes, “you are what you eat.” How true it is. How your body functions on the inside, and how it looks on the outside is, in part, a reflection of your food choices. If you consistently choose foods with few nutrients, you’re not going to feel well or look well. Making healthier meal choices can have a positive effect on both your inner and outer beauty.

**Proud to Look Good Foods**

**Fruits:** blueberries, strawberries, cranberries, bananas, kiwi, lemon, all other bright or dark colored fruits including black grapes, purple grapes, blackberries, mangoes and tomatoes

**Vegetables:** spinach, beet greens, collard greens, carrots, squash, pumpkin, bell peppers, red onion and all other darkly or brightly colored vegetables

**Proteins:** lean beef, dark meat poultry, seafood especially oysters-salmon, mackerel, tuna, anchovy, chickpeas, lentils and low fat milk

**Other:** water, green tea, flax, walnuts, almonds, olive oil

**Healthy Fats:** The kind of fats found in olive oil, nuts, seeds and fatty fish are beneficial to skin, hair and nails. The vitamin E found in some selections helps maintain skin integrity.

**Lean Beef:** Include lean beef once or twice a week for a healthy dose of iron. Iron helps deliver oxygen to internal organs and skin cells, giving your skin a glow.

**Citrus Fruits:** Loaded with vitamin C, the antioxidant helps combat free radical damage to skin and helps maintain elasticity (it helps prevent wrinkles!).

**Yogurt:** Plain yogurt is full of calcium to keep bones strong and helps protect against cavities. Add berries or granola to make it extra special.

**Water:** Drink plenty daily to flush out toxins and reduce under eye circles.

**Dark Leafy Greens:** Spinach, kale, collard greens, arugula and other dark leafy greens help fight UV damage caused by the sun, which means fewer wrinkles.
Hydration
Water flushes out toxins—you don’t need to do any special cleanses. Get 6-8 glasses a day, plus plenty of fruits and veggies to stay hydrated and healthy. Keeping cells hydrated helps prevent illness.

Iron and Zinc
Hair and nails depend on adequate protein, iron and zinc to be beautiful. Young women should focus on sources of iron, which include beef, pork and chicken as well as some vegetable sources including spinach, whole grains and dairy products. Zinc can be a little more elusive. The best sources of zinc are seafoods including oysters and shellfish. Vegetarians can get these same nutrients from lentils, whole grains, and tofu, or from enriched cereals. For some individuals, a supplement is beneficial.

Food Spa
Food is good from the inside out, but fun on the outside in.

✴ Use cool, wet, black tea bags under eyes to reduce dark circles.

✴ Tighten pores with a mix of honey, egg yolk, almond oil and yogurt. Leave on mask for 15 minutes.

✴ Moisturize hair with two whole eggs mixed with 4 Tbsp. olive oil. Leave on for 10 minutes and rinse.

Spring Break Plans?
If you’re planning a sunny spring break trip next month, start planning now to eat better so you can minimize the effects of potential less healthy choices including poor eating habits and too much sun. Don’t forget the sunscreen—no amount of antioxidants can keep sunburn from happening, and potential long term damage.

Halibut: High in omega-3’s, it helps protect skin and also provides some vitamin A, B6 & C plus calcium, fiber, iron, magnesium, potassium and folate. Healthy fish!

Whole Wheat: Provides a good source of zinc, which helps make collagen and is useful to prevent wrinkles and sun damage.

Cantaloupe: Packed with beta-carotene, this fruit also helps repair sun-damaged skin.

Spinach: Containing vitamins A, B and C plus a powerful antioxidant called trifecta, spinach helps guard against sun damage, dry skin, rashes and other skin diseases.

Lentils: Packed with protein and fiber, plus tons of antioxidants, lentils are great for your whole body.

Happy Valentine’s Day!
The best part of eating to look good is sharing it with someone you love. Dark chocolate contains a healthy dose of antioxidants. Look for brands that are at least 80% cocoa for the most antioxidants. Break apart the bar into small pieces and gently warm it in the microwave (only a few seconds at a time) or in a double boiler over simmering water. Stir until it’s all melted and smooth. Dip washed and dried strawberries in the melted chocolate for a sweet, beautiful treat. Eat them while the chocolate is still warm, or let them sit until the chocolate is firm. THAT’S AMORE!