

# Eating for BEAUTY



Eating a healthy, balanced diet supplies your body with the proper nutrients so you can look and feel your best, both inside and out!

## Nutrition for Healthy Hair, Skin, and Nails

**Protein:** Protein helps grow and repair hair, skin, and nails. *Be sure to eat different lean sources of protein such as lean beef, fish, poultry, eggs, legumes, and low-fat dairy.*

**Omega-3 Fatty Acids:** Omega-3s help to keep our hair and scalp hydrated, skin smooth and resilient to block toxins from entering our body, and nails strong to prevent breakage. *Salmon, avocado, and walnuts are sources of this essential fatty acid.*

**Iron:** Iron helps carry oxygen to our cells, including our hair, skin, and nails, in order to keep them strong and stimulate growth. *Spinach, broccoli, kale, beans, and animal protein are great ways to fulfill our iron needs.*

**Vitamins A & C:** These two vitamins help keep our hair healthy by producing oils which protect hair and by increasing circulation to feed the hair follicles. They also protect our skin against sun damage, prevent acne, and decrease wrinkles. The beautiful half-moons of our nails are due to vitamins A and C as well. *Try different fruits and vegetables like sweet potatoes, spinach, blueberries, kiwi, tomatoes, cantaloupe, and strawberries.*

**Zinc:** Zinc prevents hair loss and dandruff, skin rash and dryness, and hang-nails and white spots on nails. *Breakfast cereal, whole grains, oysters, eggs, and beans are sources of zinc.*

**Copper:** Copper is a mineral that gives our hair its beautiful shine and maintains its rich color. *Walnuts, seeds, and cocoa are sources of copper.* Here's your excuse to eat chocolate—just don't overdo it.

**Biotin & Vitamin E:** These nutrients are important to protect our hair from sun damage. They also keep our skin moist and nails strong. *You can find these nutrients in eggs, edamame (soybeans), walnuts, almonds, avocados, Swiss chard, and whole grains.*