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## The Get-Gorgeous Diet

The right foods for clear, glowing skin, shiny hair and unbreakable nails.

by Heidi Schiller

**YOU GET YOUR BEAUTY SLEEP, INDULGE** in monthly facials and go for regular trims to keep your hair healthy, but you may be overlooking one of the easiest ways to look—and stay—stunning. “A nutritious diet is the foundation of beautiful skin, hair and sparkly eyes,” says Ellie Krieger, R.D., a New York City-based dietitian and author of the upcoming book *Small Changes, Big Results* (Clarkson Potter, 2005). Here, the healthy-snacking secrets that will help you get gorgeous from the inside out. >>

### Beauty

#### GLOWING COMPLEXION

• **EAT ANTIOXIDANT-RICH FRUITS AND VEGETABLES.** “They protect your skin from the dulling effects of free-radical damage, which is caused by environmental stressors, smoking and drinking alcohol,” says **Oz Garcia**, Ph.D., head of health and nutritional services for Equinox Fitness Clubs. Eat at least five servings a day of foods that contain vitamins A, C or E or polyphenols, such as dark-green leafy veggies like spinach and kale, blueberries, cantaloupe, red grapes, beets, yams and tomatoes.

• **INDULGE IN “HEALTHY FATS.”** “Mono- and polyunsaturated fats like those found in raw or dry-roasted nuts, avocados, extra-virgin olive oil and fish help you absorb fat-soluble vitamins D, E and K, which spur skin healing,” says Lori Reamer, director of nutrition for Canyon Ranch in the Berkshires.

#### CLEAR SKIN

• **LOAD UP ON VITAMIN A.** It has anti-viral and anti-inflammatory properties, says Los Angeles-based dermatologist Howard Murad, M.D. In a recent study, Murad found that subjects who ate a diet rich in vitamin A had fewer breakouts. Make sure your diet includes carrots, peppers, papayas and apples.

• **GET ENOUGH ZINC.** It's essential for cell reproduction and repair, which encourages tissue growth. “The mineral helps heal wounds and form new collagen,” explains Reamer. “Plus, it may help prevent acne scarring.” Good sources include oysters, nuts and seeds, wheat germ and poultry.

• **AVOID SUGAR.** “It can increase stress hormones, causing your skin to secrete more oil,” says Maria Ciuffferri, a naturopathic doctor and acupuncturist at the Sea Change Healing Center in New York City. Limit your sugar intake to 10 teaspoons a day, the USDA's recommended daily allowance. (That's about 40 grams, or the amount in one 12-ounce can of soda.)

#### SMOOTH AND EVEN TONE

• **GET LOTS OF LINOLEIC ACID.** “This essential fatty acid maintains the skin's barrier function, preventing water loss,” says Dr. Murad. Find it in olive oil, flaxseed oil and sardines.

• **PACK IN THE PROTEIN.** The amino acids in eggs, poultry, dairy products and lean red meat are a must for cell turnover, says Garcia.

• **LIMIT ALCOHOL AND CAFFEINE.** Both constrict blood vessels and dehydrate skin, depleting it of the moisture it needs to stay plump and firm.