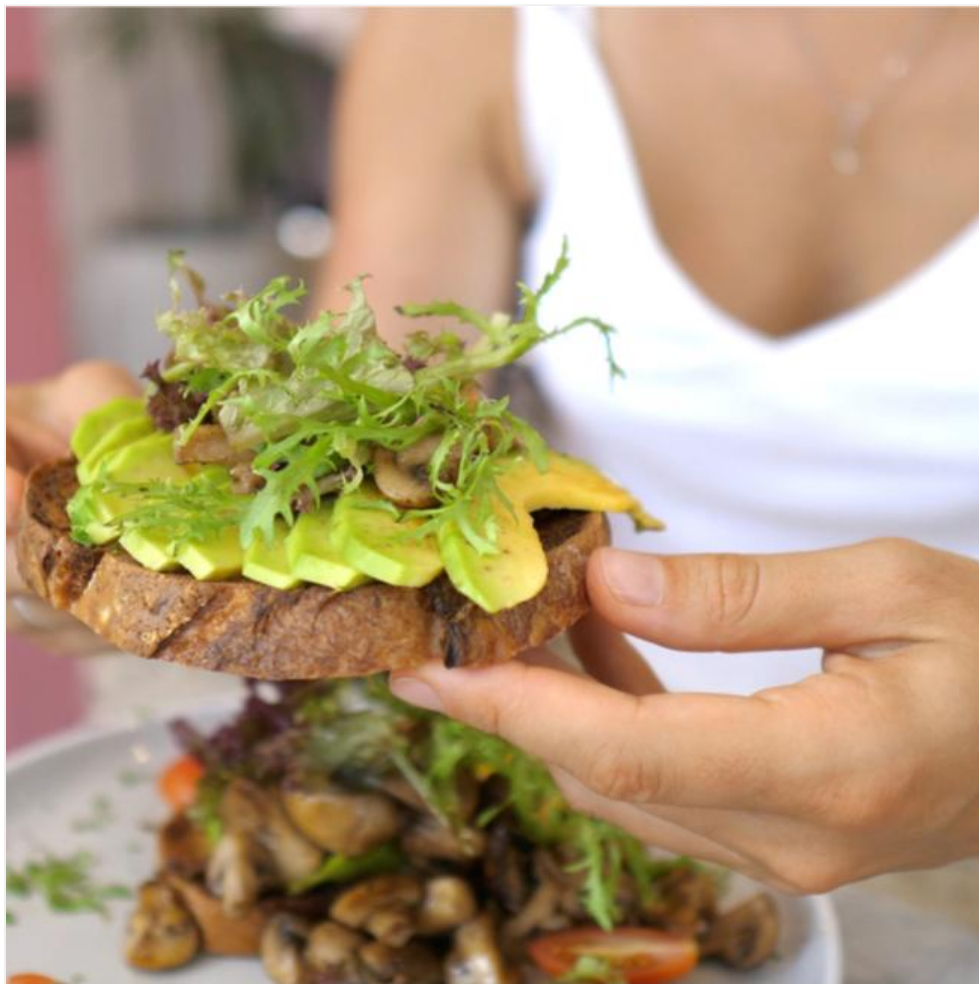


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The 4 Anti-Aging Superfoods You Need To Be Eating Daily For Younger Looking Skin

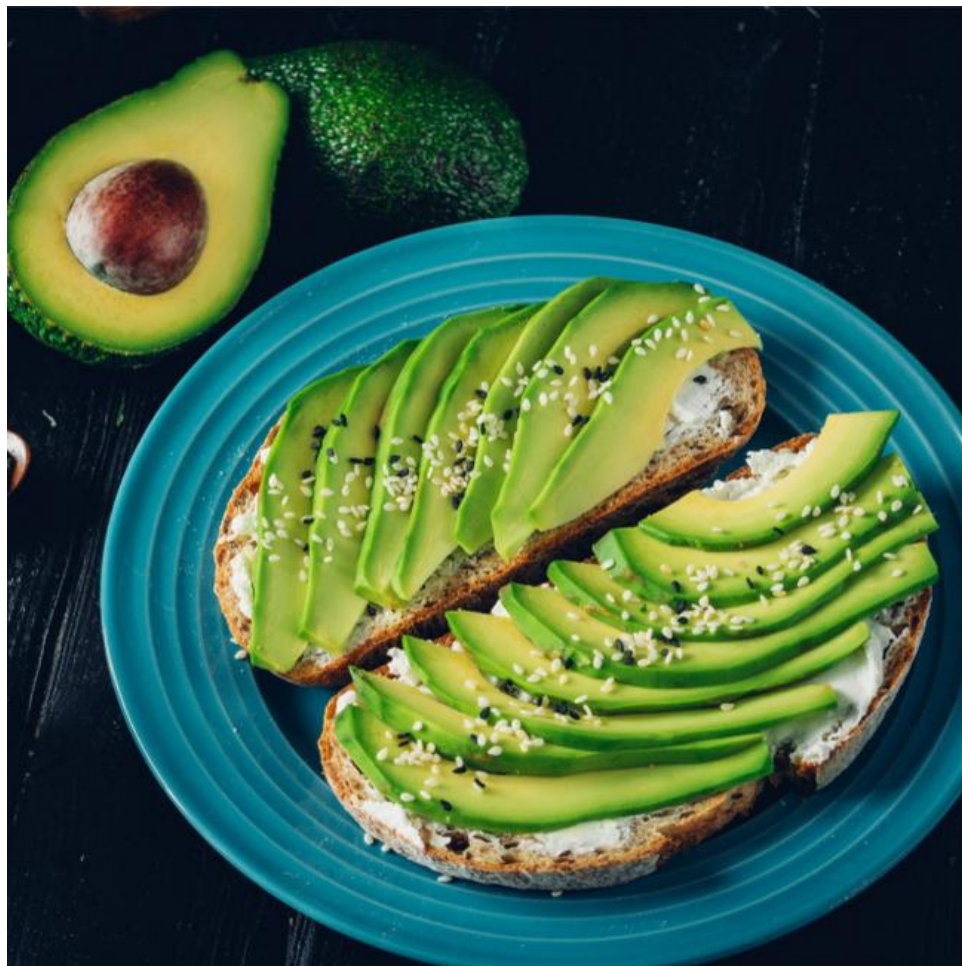
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The food you eat within your daily diet has the ability to impact so much more than just your body and weight. Just as healthy foods can help to provide vitamins and minerals which will improve digestion and allow you to boost your overall wellbeing, certain ingredients can also have a major impact on your skin as well, particularly in the case of anti-aging.

While the first defense against aging should begin with your skincare routine, including a retinol serum and SPF in your daily regimen, making sure to eat vitamin rich foods that will help to promote collagen production can also make a profound difference on your skin. Looking to preserve your complexion and overall health through a balanced diet? Below are the four foods doctors agree you should be eating daily for a more youthful and hydrated appearance that will minimize the development of fine lines and wrinkles.



Avocado

Packed with healthy fats, avocado is one of the best anti-aging fruits you could include in your diet for younger looking skin. “[Avocado contains] vitamin C, E and the essential fatty acids that decrease inflammation, decrease redness, and improve fine lines and wrinkles,” notes [Dr. Amir Karam](#), Board Certified Facial Plastic Surgeon and Brand Founder. “They also have antioxidants that are important to prevent UV damage as well as help shed dead cells on the surface of the skin.”

Incredibly versatile in the ways it can be included within your diet, try starting off your morning with avocado toast, adding a few slices to your salad, or even making a guac to serve with tacos at dinner. The options are endless!

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Blueberries

Antioxidants are essential to a balanced diet for skincare, and fruits such as blueberries are packed with them. “[Blueberries] are high in vitamin A and C, have a high antioxidant content, and are also anti-inflammatory. The antioxidants help with protecting the skin against sun damage,” explains Karam. “Vitamin A is a precursor to retinols and also has a strong antioxidant and anti-aging effect.”

As you grow older, your body naturally begins to produce less collagen which is a protein that preserves elasticity in your skin. Eating foods that are high in antioxidants, like blueberries, can help to boost your collagen production just as using a retinol serum would, creating a gentle anti-aging effect on your complexion.



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Spinach

Leafy greens are well-known for being useful in building a healthy body, and spinach is one of the best iterations for providing anti-aging benefits as well. “Spinach is high in vitamin C and also is a plant-based source of iron. Vitamin C is really important for collagen production and vitamin A is important for overall anti-inflammation and cell turnover,” says Karam.

Inflammation can cause your skin to look puffy and speed up the appearance of aging, so including foods in your diet which maximize cell turnover and decrease inflammation can help to create a more youthful and healthier looking complexion.



Nuts

Foods which are higher in fat content can help to plump and hydrate your complexion, and nuts such as walnuts and almonds are ideal for helping you to achieve a younger looking appearance. “First, almonds help strengthen and preserve the cell barrier. They also help prevent loss of oil and promote the natural oil barrier of the skin. It also ultimately helps with protection against sun damage as well,” explains Karam.

The actual effect that food can have on your skin is much greater than you might think, and it all comes down to the hydration levels they can provide. When you are failing to take care of your body or fall ill, it’s often written all over your face, and the same can be said for when you do care for your body. According to Karam, eating these foods daily can “absolutely” help reduce existing fine lines and wrinkles, in combination with a solid skincare routine, of course.

“Here’s the bottom line: the skin is a reflection of our overall health. The healthier we are, the more properly we’re eating good nutrients, good vitamins, and hydration, it reflects directly on your skin,” he explains. At the end of the day, both a healthy body and complexion are heavily dependent on the foods you feed yourself, so fill your diet with a combination of fats, protein, carbs, and plenty of vitamins and minerals to see the biggest changes in your skin.