

DIET

Easy Diet Swaps for Glowing Skin

Want youthful, flawless and healthy skin? It may be time to edit your grocery list and embark on a healthy skin diet

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Food. It's the giver of life, the bread to your literal butter. You need it. But just in the same way that certain foods can ruin your figure, some foods will ruin your skin -- and, conversely, adopting a healthy skin diet can make all the difference in the world.

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Turns out it's most likely what's on your plate that dictates how healthy your skin is, how young you look, and whether or not you have acne.

Sure genetics and other lifestyle and environmental factors play a part (ahem, the sun), but you'd be hard-pressed to find any esthetician, nutritionist or dermatologist that wouldn't consider food a major factor in deciding whether you have a clear, youthful-looking complexion.

Basically, whether you like it or not, what you feed your body dictates whether you have healthy skin or "problem" skin, so it's time to watch what you eat. Being food-conscious is officially not just important for helping you fit into your jeans. "Your skin is an eliminative organ," says celebrity aesthetician [Susan Ciminelli](#) (she's beautified the skin of Kristen Bell Tina Fey and Jennifer Lopez). "Garbage in, garbage out."

With that in mind, there are proven ingredients that clear up even the worst of problem skin and ones that can help prevent your cells from aging prematurely. With the right foods, you can stop looking for the fountain of youth in a fancy face cream or cleanser and instead finally start to put the items that will really help in your grocery basket.

Now, see the foods you need for healthy skin.

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