



KRISTI MIKESKY | JUNE 16, 2015

THE FOODS YOU SHOULD BE EATING FOR YOUR SKIN TYPE

Though we love makeup and skincare as much as the next girl, we know beauty truly starts from the inside. No matter how diligently you select your products, you'd be remiss to not also consider how you're nourishing the body via diet, which directly affects the appearance of your skin. We tapped holistic celebrity facialist [Susan Ciminelli](#) to outline exactly what foods you should be eating based on your skin type (consider this a cheat sheet for your next grocery store trip). As a general rule of thumb everything you ingest should be organic, natural and fresh—also, try to avoid processed foods when possible as they are more difficult for the body to digest. Additionally, limiting your intake of alcohol and coffee improves skin's texture and clarity (in excess, the two can lead to cell damage, dehydration, increased blood pressure and clogging of the liver, which results in acne). Swap out your daily caffeine fix for a green tea and strive to eat skin-healthy foods. Here, take note of Susan's tips for what to eat to make your complexion—and tummy—happy.

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For Dry/Sensitive Skin

"Avocados are great for people with sensitive skin as they are loaded with Omega-9 fatty acids, known to reduce redness and irritation levels in your complexion. Stock up on berries: Raspberries are loaded with antioxidants and vitamins, while goji berries help to fight off free radicals in the body. Vegetables are an essential part of everyone's diet and should be eaten on a regular basis, especially for those with dry skin. Kale is especially great for helping to maintain the skin's elasticity. Steer clear of wheat, dairy, sugar and processed foods, as they can easily inflame skin."

Photo: Courtesy of Ellery



For Oily Skin

"If you have oily skin, it is especially important you stay hydrated and try to eat fruits that are particularly rich in water. Fresh, in-season fruits are a wonderful choice, especially pineapple, which helps improve the complexion and prevent acne and wrinkles. Leafy, dark green vegetables are also great for preventing wrinkles and are very high in antioxidants. Carrots are good for the skin's appearance, contributing to a beautiful glow (dewy, *not* oily). Carrots also help to prevent various skin problems due to the large amounts of vitamin A and antioxidants they contain. Fresh herbs—especially rosemary, ginger, basil, thyme and oregano—contain high levels of anti-inflammatory agents and antioxidants, helping to give oily skin a healthy appearance."

Photo: First View



For Acne-Prone Skin

"The cleaner and more balanced your body is internally, the better it will function, which means clearer skin. Eating high-fiber fruits and vegetables aids in cleansing the colon and liver. Apples are rich in pectin, a carbohydrate compound that helps the colon eliminate toxins and strengthens the intestinal lining. Carrots and celery are high in vitamin C (which boosts immunity and prevents free radicals from harming cells), contributing to healthy, clearer skin. Seaweed is a natural anti-inflammatory and helps soothe skin; it is especially beneficial for those with red and painful pimples. Lastly, always drink water with fresh lemon juice in the morning to cleanse the system internally."

Photo: Courtesy of Ellery



For Mature Skin

"Lean proteins—like nuts, quinoa and oatmeal—contain Omega-3 fatty acids, protein and fiber which help strengthen the skin (it loses bounce as we age). Quinoa contains lysine, a nutrient that helps to repair skin and heal damaged tissue. Nuts and seeds are great for aiding in collagen production. Additionally, fish is extremely lean, healthy and great for any diet: It positively impacts the skin if eaten regularly. The Omega-3 fatty acids in salmon dramatically helps with inflammation and signs of aging on the body."

Photo: First View