

BEAUTY SMARTS

Face Value

CAN YOU EAT YOUR WAY TO GREAT SKIN? TRY THIS INSIDE-OUT APPROACH TO BEAUTY

By Kerri-Ann Jennings

Everyone wants smooth, radiant skin. What you eat can bring you closer to that goal. While there's no magic food that whisks wrinkles or age spots away, the basics are simple. And chances are, you know them by heart.

Go for items that are naturally jammed with nutrients, like fruits, veggies, whole grains, nuts, fish, and other types of lean protein.

One large orange is an excellent source of vitamin C, which helps make collagen and helps keep your skin supple.

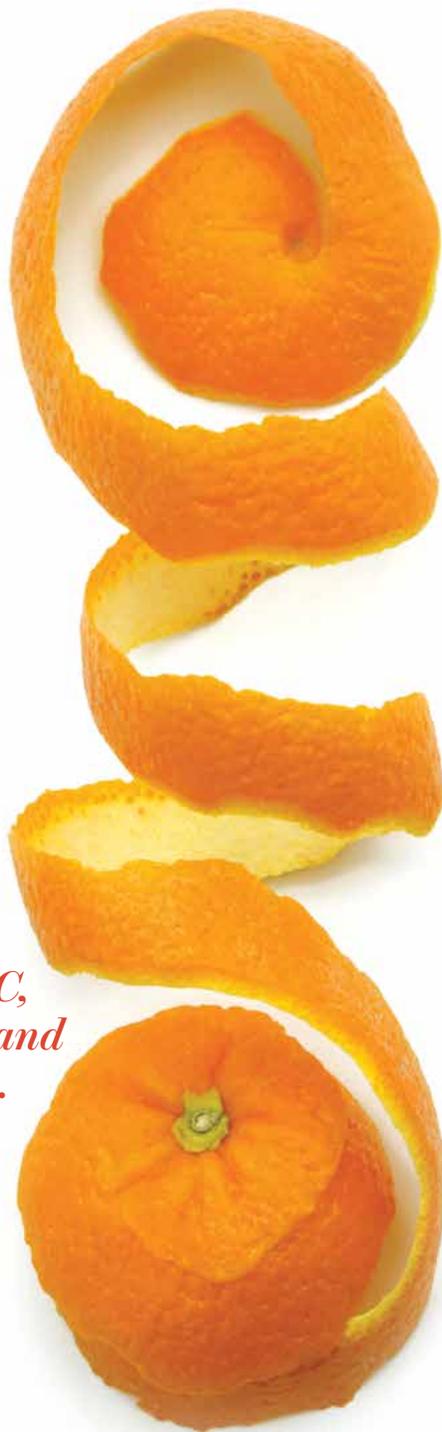
Change things up. Choose a variety of foods, so you get all the vitamins and minerals you need.

Think beyond the plate. Sleep, exercise, and sunscreen all count, no matter what you eat.

These seven foods are a great place to start.

Oats "I recommend complex carbohydrates like oats because they're low-glycemic," says Debra Jaliman, MD, author of *Skin Rules: Trade Secrets From a Top New York Dermatologist*. Low-glycemic foods don't spike your blood sugar the way refined breads, rice, and pasta can. "High-glycemic foods are known to cause acne and wrinkles," Jaliman says. Oats also have a natural plant chemical that helps prevent damage to skin cells and soothes irritation. *Also try:* other whole grains such as shredded wheat, barley, and brown rice.

Oranges These are loaded with water, so they hydrate your skin and your cells, says dietitian Elisa Zied, MS, RD, author



of *Younger Next Week: Your Ultimate Rx to Reverse the Clock, Boost Energy, and Look and Feel Younger in 7 Days*. One large orange is an excellent source of vitamin C, which helps make collagen—and that, in turn, helps keep your skin supple. In general, vegetables and fruits are great for your skin. Go for lots of colors so you get a variety of nutrients. *Also try:* pink grapefruit, tomatoes, and parsley.

Avocados These are filled with a healthy type of fat, monounsaturated fat, which helps your skin stay hydrated, Zied says.

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Dirty Secret

"An esthetician once showed me how to do pore extractions. Is it safe to do them on my own skin?"

No! Don't you dare! Pore extractions (physically pushing dirt and debris out of a pore or pimple) need to be done very carefully and with the proper technique and equipment by a trained professional. You have to know what to look for, what not to touch, and how much pressure to apply. If you try to do aggressive extractions on your own at home, you risk permanently stretching out your pores or even causing tiny divots in the skin called "ice pick" scars.

So, what's the better at-home alternative? Using an exfoliator a couple of times a week helps remove dead skin that piles up, clogging pores and making skin appear dull and dry.

Choose from two types of exfoliators based on your skin type. If you have sensitive skin, look for chemical exfoliants, including lactic acid, glycolic acid, and salicylic acid, which work by dissolving and loosening dead skin cells so that they easily fall off.

If you have normal skin, look for physical exfoliants, such as oatmeal or apricot scrubs, which work by using granules or other small particles to mechanically remove the dead cells on the surface of the skin.

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