



# 10 THINGS TO DO NOW... TO START EATING PRETTY

A few small changes to your daily diet and self-care make a big difference in the way you look and feel.

1. **Rethink your Plate.** Food isn't the enemy; it's our most powerful tool for looking and feeling our best. Start by feasting on foods that give you energy and glow (you'll find seasonal lists in Eat Pretty), and you'll naturally have less room for the foods that age you.
2. **Skimp on Sugar.** Sugar packs on the pounds—and it's the ultimate skin ager! Avoid the sweet stuff as much as you can and you'll be making a big move to protect your skin's clarity, youthfulness and radiance, not to mention your hormonal health and waistline.
3. **Get with the Season.** Not only is eating seasonally an excellent way to stock up on fresh (read: nutrient-dense) and budget-friendly foods; seasonal foods target the needs of our beauty and body as they change throughout the year.
4. **Be Present.** How you eat is as important as the specific foods you're putting in your mouth. Be relaxed, focused and present for each bite you take, and strive to be aware of the way your food choices affect you individually.
5. **Build a Flavor Library.** Ounce for ounce, herbs and spices are some of the most antioxidant-packed foods you can eat. Add them to your meals liberally to instantly upgrade the anti-aging benefits of anything on your plate.
6. **Eat a Rainbow.** Avoid synthetic colors in your foods, but opt for fresh foods that contain a wide spectrum of natural colors. These pigments signal the presence of anti-aging phytochemicals that assist with everything from wrinkle blocking to sun protection and DNA damage prevention.
7. **Break Down Each Bite.** Eating beauty foods isn't enough— make sure that your body can fully break down and assimilate nutrients by supporting strong digestion. Take a probiotic supplement and eat fermented foods daily to cultivate healthy gut flora, which reflects in radiant skin.
8. **Choose Living Fuel.** The best foods for your beauty are fresh—forget the processed foods created to last months on the shelf. Fresh foods contain abundant energy, as well as living enzymes that aid in their complete digestion, and should be the core of your beautifying diet.
9. **Put out the Fire.** Reducing inflammation can make a major difference in our skin's overall glow, youthfulness, and clarity. Inflammation is a precursor to wrinkles, blemishes, redness, and sensitivity, as well as unwanted weight gain and hormone imbalance. Skip pro-inflammatory foods that are highly processed, full of refined sugars and flours, or packed with unhealthy fat sources.
10. **Balance pH.** Acidic foods are often the core of our meals (think coffee, sugar, alcohol, meat & dairy), so bringing our diet into pH balance by increasing alkaline foods can instantly energize our cells and improve our glow. Some of the best foods for alkalinity are greens, lemons & spices.