Outer Beauty: Nine Antioxidant-Rich (and Dermatologist-Approved) Foods for Your Skin

Skin less than glowing? Try nourishing it from the inside with these antioxidant-rich foods.

By Melissa Malamut | Boston Magazine | November 2013

• **Carrots** contain beta carotene and may help prevent wrinkles and sunspots.
• Lycopene, which gives **tomatoes** their color, may keep sun damage at bay.
• Low-glycemic-index foods such as **brown rice** and **sweet potatoes** may help alleviate acne.
• **Salmon** contains astaxanthin, which some studies show can help prevent uneven skin tone and sunspots, plus omega-3s, which may stop wrinkles from forming.

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Dr. Emmy Graber, Boston University School of Medicine
• **Green tea** not only contains caffeine, which evidence suggests can provide protection against skin cancer, but it also has GTCs (green tea catechins), believed to help slow down the aging process.

• **Apples** are packed with flavonoids, which may improve skin strength. The polyphenols in the peel, meanwhile, are natural antioxidants.

• The vitamin C in **lemons** is a skin brightener.

• **Quinoa** is a low-glycemic-index food that has flavonoids and vitamin E, which has anti-inflammatory properties.

—Dr. Jennifer Lin, Brigham and Women’s Hospital

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