

## 30 Anti-Aging Foods For Beautiful Skin

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14-17 minutes

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When it comes to anti-aging, many people focus their efforts on fancy [eye creams](#), [wrinkle-fighting serums](#), and even [plastic surgery](#). While these things can definitely help, there is a more natural approach you can take with turning back the hands of time: You can eat your way to more youthful skin. Foods rich in vitamins and minerals can help reverse the signs of aging. The best foods for your skin are those that contain ellagic acid, biotin, and vitamins C and E, which are natural [collagen](#) boosters.

“Collagen is the most abundant protein in the skin, making up 75 to 80 percent of it,” explains [Debra Jaliman](#), board-certified NYC dermatologist, assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai and author of [Skin Rules: Trade Secrets from a Top New York Dermatologist](#). Found in the middle

layer of the skin called the dermis, collagen is what gives skin its fullness and plumpness. As we age, our collagen stores deplete, but eating foods rich in these skin-loving nutrients support collagen synthesis. “Foods rich in [vitamin C](#) will help to reduce the signs of skin aging,” Dr. Jaliman says. “It improves the skin’s texture, firmness, and may help prevent fine lines.”

Dr. Jaliman says ellagic acid is also a vital anti-aging nutrient, improving skin elasticity. Biotin, a B vitamin, is another important collagen booster and acne fighter. “Biotin helps produce fatty acids that nourish the skin to maintain a clear complexion.” Here are 30 foods that are rich in these skin-loving nutrients and antioxidants to help you keep wrinkles and fine lines at bay.

1 of 30

## Avocados

Overall, fats can help nourish your skin and prevent dryness. “Lucky for our skin, avocados are packed with [monounsaturated](#) and some [polyunsaturated fats](#)—the ‘good fats,’” explains nutritionist [Jackie Newgent](#), RDN, CDN. “In fact, avocados are nutrient-packed in general!”

[Studies](#) suggest that there's a beneficial association between avocado consumption and skin health, and [research](#) finds that the lutein and zeaxanthin in the fruit may help protect your skin from UV damage.

Avocados are also nutrient boosters, which means they can help enhance the body's absorption of [vitamin A](#) and other fat-soluble nutrients. “Ultimately, this function may lead to boosting the protective effect some of these nutrients have on skin health—and overall health,” Newgent explains.

2 of 30

## Eggs

Protein is the fabric of collagen, and eggs are a top source of high-quality protein. But don't just eat egg whites, as the yolks contain other skin-boosting nutrients—including [biotin](#). Biotin has been shown to help promote healthy skin, [hair](#) and nails. "Whichever way crack an egg, cook up the whole egg," Newgent says.

3 of 30

## Prunes

"Prunes are best known for promoting healthy bones and digestive health, but they provide many other benefits," explains Newgent. One of those benefits is beautiful skin. Prunes offer a tasty and convenient way to boost your intake of polyphenols, which are powerful antioxidants. [Polyphenols](#) may help to protect your skin from the potentially negative impact of UV rays, in addition to wearing sunscreen.

5 of 30

## Blueberries

Blueberries are excellent sources of powerful [antioxidants](#) that fight against free radicals that can damage the collagen in your skin, making it more wrinkle-prone. De Fazio says they also contain [vitamins C](#) and E, which will brighten your skin and give it a healthy glow.

6 of 30

## Extra-virgin olive oil

"Quite simply, olive oil will keep your skin looking younger," De Fazio says. It all has to do with the "good" monounsaturated fats offered by the oil, which are associated with increased skin [elasticity](#) and firmness.

7 of 30

## Green Tea

You might want to replace your morning cup of Joe with green tea if you want to look younger. "[Green tea](#) is particularly high in polyphenols, which [protect collagen](#)," explains De Fazio.

8 of 30

## Salmon

Salmon, along with other fatty fishes, are great for turning back the hands of time due to their abundance of skin-saving [omegas-3s](#). The popular freshwater fish also contains the carotenoid antioxidant called astaxanthin, which improves skin elasticity and hydration, according to De Fazio.

9 of 30

## Sardines

Sardines might not look pretty, but they can help you look your best. Just like salmon, they're [packed with omega-3](#) fatty acids.

10 of 30

## Oysters

Even if you don't find a pearl in your oyster, you will find a whole lot of beauty benefits. Oysters are good sources of zinc, which can aid in cell renewal and repair. Zinc might [possibly promote hair regrowth](#) as well.

11 of 30

## Dark chocolate

The antioxidant profile of [dark chocolate](#) is even more powerful than acai berries, blueberries and cranberries, De Fazio points out.

"Chocolate contains antioxidants called flavanols, which protect the skin from sun damage," she explains.

In other [studies](#) comparing high-flavanol and low-flavanol cocoa on skin function, people in the high-flavanol groups experienced better blood flow to the skin and improvements in thickness, hydration and smoothness. But the higher the cocoa content, the higher the flavanol content. "So make sure to choose dark chocolate with at least 70 percent cocoa solids," she urges.

12 of 30

Carrots

[Carrots](#) are super high in beta carotene, a carotenoid that offers an [abundance of health benefits](#), including those related to skin and hair. Not only will it get your skin glowing and protect it from sun damage, but it can help stimulate hair growth and prevent dandruff. It's no wonder that beta carotene is a popular ingredient in many skin and haircare products.

13 of 30

Sweet potatoes

Like many orange-hued vegetables, sweet potatoes are also loaded with beta carotene, making them a perfect beautifying side dish for your entree. Simply brush them with some extra-virgin olive oil, salt, and pepper before roasting them in the oven for about 35 minutes.

14 of 30

Pumpkin

While it's not quite as high in beta carotene as other orange vegetables, pumpkins are also a great source of the skin-boosting carotenoids, De Fazio says.

15 of 30

Leafy greens

[Vitamin C](#) encourages collagen production. It also helps [protect the skin from damages](#) caused by the sun and environmental pollution.

Leafy greens, including kale, spinach and collards, are good options, according to De Fazio.

16 of 30

Bell peppers

Another great source of vitamin C are bell peppers. Whether you choose yellow, green or red, bell peppers [contain more](#) of the wrinkle-fighting vitamin than an orange.

17 of 30

Tomatoes

Tomatoes, as well as tomato juice, are great sources of [vitamin C](#). Chop up a few slices to add to your salad, puree them into a hearty salsa, or turn them into a delicious pasta sauce.

18 of 30

Broccoli

Broccoli is just as rich in vitamin C as it is in [vitamin K](#), which can keep your [bones and heart](#) strong.

19 of 30

Flaxseeds

Sprinkle flaxseeds over your oatmeal, [smoothies](#), and salads. De Fazio says they're a great source of an omega-3 fatty acid called [ALA](#), which protects your skin from the sun's powerful rays and may help reduce sun-related skin damage.

20 of 30

## Walnuts

For graceful aging and beautiful skin, [Laura Cipullo](#), RD, CDE, and co-author of [Diabetes Comfort Food Diet](#) and [Everyday Diabetes Meals Cooking for 1 or 2](#), recommends including a variety of dietary antioxidants to counter free radicals that contribute to aging. One of the easiest ways to do this is by eating walnuts. "These 'power' nuts have the highest amount of antioxidant activity compared to other foods and nuts," she says. Among its many health benefits, they also contain [vitamin E](#), melatonin and non-flavonoid polyphenols.

21 of 30

## Bone broth

What do you get when you combine chicken bones with water and veggie scraps? [Bone broth](#). The longer you allow the broth to simmer, the more collagen and gelatin are released from the bones, which gives the broth a thicker texture. Bone broth is filled with collagen, amino acids, and minerals that promote healthy, younger-looking skin.

22 of 30

## Cinnamon

Cinnamon has been found to have large quantities of proanthocyanidins, a class of polyphenols with powerful anti-inflammatory properties, according to [Elizabeth Adler](#), MS, RD, CDN. "Enjoy a sprinkling of cinnamon in your morning latte to promote healthy cell production for skin health and beauty," she says.

23 of 30

## Chili peppers

According to Adler, chili peppers are especially rich in vitamin C, which as we know, aids in the production of collagen. Whip up a spicy sauce with chili peppers or add a dash of the spice to soups for a little kick.

24 of 30

Ginger

[Fresh ginger](#) contains a compound called gingerol, which has been shown to have anti-inflammatory properties to help control the aging process, says Adler. "Ginger is also recommended for improved blood circulation to aid against inflammation in the body," she says.

25 of 30

Shiitake mushrooms

Adler maintains that shiitake mushrooms are a wonderful source of the essential mineral copper. "Copper aids in the synthesis and stabilization of proteins found in the skin, including collagen and elastin, says Adler. "It also aids in the production of an antioxidant enzyme found in the skin for protection against free radicals."

26 of 30

Edamame

Young soybeans, aka edamame, are high in protein, making them a tasty snack or great addition to any salad, according to Adler.

Additionally, they contain a variety of vitamins and minerals, including calcium, folate, and vitamin A. They also contain a group of polyphenols called isoflavones, which strengthen your skin's defense against UV radiation and skin inflammation.

27 of 30

Grapefruit

The vitamin C found in grapefruits is a potent antioxidant, according to Cipullo. As noted earlier, vitamin C helps prevent cellular damage and aids in collagen production. Eat half a grapefruit with some Greek yogurt for a filling and healthy breakfast.

28 of 30

Mango

Mango is a plentiful source of vitamin A and carotenoids, says Adler. "Carotenoids are effective antioxidants involved in cell growth and immune function," she explains.

29 of 30

Lentils

[Lentils](#) are rich in polyphenols such as procyanidin and prodelphinidin. These polyphenols have been shown to help prevent oxidative stress, which is a factor for aging skin. The bonus? Lentils are also a rich source of protein, fiber, and minerals like copper and non-heme [iron](#), and B vitamins.

30 of 30

Acai berries

Acai berries aren't just delicious, but they may also help prevent skin cancer. Cipullo points to recent [research](#) that suggests that the berries can help decrease your risk of skin cancer. "One specific study specifically evaluated acai oil and melanoma (skin cancer) in animal models and found that acai was associated with a decrease in cancer incidence and tumor growth," she explains. Enjoy acai with your breakfast smoothie or bowl. Just remember to cut back on the sugar by incorporating more greens and less fruit.