

Five Foods That Can Help Skin Look Younger

The following foods can help protect it so you look and stay younger:

1. Legumes, avocados, soybeans, nuts and egg yolks. These contain biotin, and a lack of this chemical can lead to dry skin and brittle hair and nails.

2. Salmon. The carotenoid that gives this fish its pink color, astaxanthin, also improves your skin's elasticity. And it's full of the good fat, DHA omega-3, that makes your skin and hair look younger and healthier.

3. Green tea. Its polyphenols act to protect you against sun damage and to help thicken your epidermis, your body's primary barrier to the outside world.

4. Pomegranates. In addition to thickening your epidermis and helping to produce more collagen and elastin (what keeps your skin firm and springy), they contain antioxidants that seem to accelerate wound healing.

5. Tomatoes. The nutrients in these reduce the chance you'll get sunburn (but you still have to use an SPF 50 and four-star titanium dioxide or zinc oxide sunscreen!). It might be because of their lycopene content, but we really don't know the active ingredient. So if there's a choice between a lycopene supplement and the real tomato, choose the product from the vine.

There's plenty more you can do to be more beautiful inside and out, but these shifts give you a smart and easy start.