

Real Style

SPRING 2017

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I'VE BEEN MY
ENTIRE LIFE"

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Beautiful Inside and Out

CAN YOU EAT YOUR
WAY TO BEAUTIFUL?
YOU BET YOUR
SELFIE YOU CAN.
BY CATALINA MARGULIS

Before Botox and laser, women's best ally in the beauty department came from the foods they were surrounded with. From Cleopatra's milk baths to the olive oil used by ancient Greeks and Romans to cleanse and moisturize skin, food applied topically has always been our greatest beauty aid. But in an age of high-tech beauty, when the face of your dreams is just a treatment away, can something as simple as a sweet potato make you look, and feel, more beautiful?

The experts certainly believe so, expounding a long list of foods that can help us achieve gorgeous skin, hair and nails. "One of the most important things you can do to keep a youthful, glowing appearance is to eat foods that provide your features with optimal nutrition," says Lisa Drayer, author of *The Beauty Diet* and a registered dietitian. "The foods we eat serve as the nutritional foundation for our features—our skin, hair, nails, eyes, teeth and, of course, our body shape."

The good news is that there are tons of delicious foods to help achieve your beauty goals. Here we break down the top foods to add to your grocery list and your list of beauty go-tos.



GO FISH

Fish might not be the sexiest thing to come to mind when we think beauty, but actually seafood, particularly salmon and oysters, are rich in qualities that contribute to beauty.

“Salmon is rich in omega-3 fats, which keep skin soft and smooth,” says Drayer. “They provide oils that lubricate our skin, and help prevent moisture loss from cells, keeping cells plumped with water. Omega-3 fats also reduce inflammation on the cellular level that can lead to dry scaly skin, redness and acne.”

As for oysters, these slippery sensations are one of the best food sources of zinc, according to Drayer. “Zinc plays a role in skin renewal and repair, and is great for our nails. Oysters are also a rich source of iron, which helps to keep our hair strong and healthy.”

Not a fan of oysters? Try other foods that offer a healthy dose of zinc, including crab, lobster, dark meat turkey and chicken, yogurt, nuts and beans, according to Drayer.



YOUR BERRY BEST

They impart a powerful zing in any recipe, so is it any wonder berries are an equally potent beauty asset?

“Cranberries are an amazing, and in my opinion, often overlooked beauty food,” says Kimberly Snyder, a nutritionist and author of *Radical Beauty*. “Antioxidants found in cranberries are especially important contributors to its potential for health support: Cranberries supply us with tremendous amounts of fighting action against all the toxins inside and outside of our bodies, and they act as a natural diuretic by flushing excessive fluids out of your body.”

Another great source of antioxidants, blueberries too make for a powerful beauty contributor. “The bluish-red pigments in blueberries known as anthocyanins keep the collagen in your skin intact so they help keep skin supple,” says Drayer. “Blueberries are also a slimming snack: One cup of blueberries has 80 calories and four grams of fibre.”



NUTS FOR NUTS

Despite the proliferation of nut-free alternatives, those without nut allergies have plenty of reason to return to these snacks of choice, particularly walnuts and almonds, which abound with beauty benefits.

“Walnuts are the only type of nut that contains a significant amount of beauty-enhancing omega-3 fatty acids, which are important for healthy skin,” says Drayer. “They’re also rich in antioxidants and vitamin E, which protects cells from damage that can lead to skin aging and disease.”

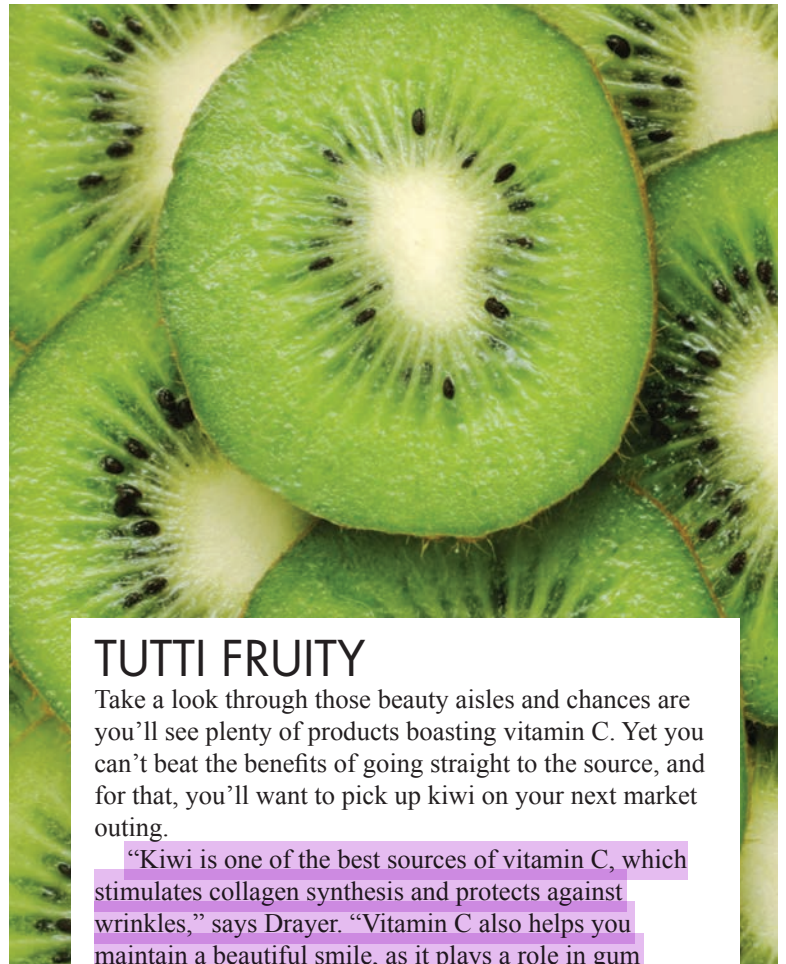
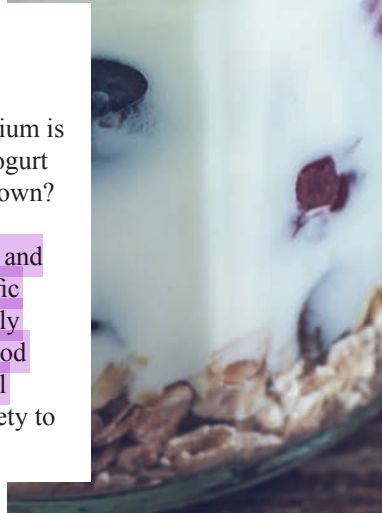
As for almonds, “They’re a wonderful aid for dry skin, as almonds contain monounsaturated fats that help soften and protect the skin,” says Snyder. “They’re also an extremely rich source of vitamin E, which creates smoothness and suppleness.” Snyder notes that research indicates that vitamin E may help fight the signs of aging by helping protect your skin against the damage caused by ultraviolet rays. It also nourishes and protects skin from elements that can cause dryness, she says.



MILK IT FOR ALL IT'S WORTH

We know milk has calcium and calcium is good for our bones, but how does yogurt help us pretty up for a night on the town?

“Yogurt offers protein, the main building block for healthy skin, hair and nails,” says Drayer. “It’s also a terrific source of calcium, which is especially helpful if you want strong bones, good posture, healthy nails and a beautiful smile.” Tip: Opt for the low-fat variety to keep in tip-top shape.



TUTTI FRUITY

Take a look through those beauty aisles and chances are you’ll see plenty of products boasting vitamin C. Yet you can’t beat the benefits of going straight to the source, and for that, you’ll want to pick up kiwi on your next market outing.

“Kiwi is one of the best sources of vitamin C, which stimulates collagen synthesis and protects against wrinkles,” says Drayer. “Vitamin C also helps you maintain a beautiful smile, as it plays a role in gum health.”

Pineapples are another source of vitamin C worth turning to. “They are a great hydrating food full of vitamin C,” says Snyder. “They are naturally anti-inflammatory and a natural diuretic. Not only are pineapples packed with bromelain (which helps with digestion), but they’re also a natural detoxifier—managing or even assisting with weight loss.”





YOU CAN'T BEET IT

Beets don't rate high on the popularity scale but it's worth giving these oft-overlooked veggies a second glance.

"Beets are high in folate, vitamins A and C, iron, potassium, manganese and fibre," says Snyder, of this beauty powerhouse. "They have anti-aging benefits for your skin because they stimulate cell production and repair, which can protect your skin from premature aging and wrinkles. The powerful antioxidants in beets also help fight signs of aging to keep your skin firm and youthful."

PHOTOS, ISTOCK



Smoothie Power!

For the ultimate beauty booster, try Snyder's green smoothie recipe. "I like to start my mornings with the Glowing Green Smoothie. This is the ultimate energy and beauty booster. It's loaded with greens, lemon juice and some high fibre fruit, and packs a mega-punch of vitamins, enzymes, minerals, amino acids and fibre. The high amounts of fibre combined with the enzymes also help to flush pollutants and toxins out of your body, which is important for long-term vitality and youthfulness."

INGREDIENTS

- 2 cups water
- ½ head organic spinach
- 1 head organic romaine
- juice of ½ organic lemon
- 3 or 4 sticks organic celery
- 1 organic pear
- 1 organic apple
- 1 organic banana

DIRECTIONS

Mix and blend until smooth.



LOCO FOR COCO

As it turns out, when it comes to beauty, dark chocolate is one sweet you can indulge in. “This sweet treat contains high levels of cocoa flavanols—these are plant compounds with antioxidant properties, and they have been associated with softer, more hydrated skin,” says Drayer.

Whether you’re after a more radiant complexion or healthier hair and nails, these kitchen staples will do more than please the palate. Incorporate some of the above into your weeknight menu and you’ll be well on your way to beautiful, inside and out.



COLOUR YOUR WORLD

There are plenty of reasons to pack your cart full of greens, but if you had to choose just one, you might want to opt for the versatile spinach. “Spinach is a low-calorie leafy green vegetable that is loaded with beauty-enhancing nutrients,” says Drayer. “Spinach is also rich in lutein, beta carotene, B vitamins and iron. And it has only seven calories with one gram of fibre per cup!”

As for luscious red tomatoes, it turns out our kitchen’s MVP is also a beauty must. “Tomatoes provide the greatest amount of lycopene, a powerful antioxidant that may also protect against sunburn,” says Drayer.

While carrots are known as one of the best sources of beta carotene, sweet potatoes are indeed an attractive alternative. “Sweet potatoes are an excellent source of beta carotene, a powerful antioxidant that protects cells, including skin cells from damage,” says Drayer. “Betacarotene also protects skin from sunburn, and is converted to vitamin A in the body, which keeps skin soft and smooth.”

“If your skin is looking dull and lacklustre, incorporate sweet potatoes, which contain the magical skin brightening combination of vitamins A and C,” adds Snyder. “Vitamin A and C work to replace a dull complexion with a fresh face, while working to neutralize cell tissue-damaging free radicals. Sweet potatoes are also rich in biotin, and vitamins B2, B6 and E.”