



beauty bites

The secret to gorgeous skin and hair isn't in your makeup bag—it's at the supermarket. Top skin-nutrition experts Lisa Drayer, MA, RD, author of *The Beauty Diet*, and Jessica Wu, MD, dermatologist and author of *Feed Your Face*, reveal the most powerful superfoods for beauty inside and out.

BY DORI KATZ

PHOTOGRAPHY BY SONJA PACHO
STILL-LIFE PHOTOGRAPHY BY LEVI BROWN



(Opposite spread) Hair: Eloise Chuino, Makeup: Sarah Saltzman, Manicure: Kim Chiu
(This spread) Food styling: Karen Evans, Prop styling: Karin Olsen

wild salmon

POWER PLAYER

Omega-3 fatty acids

BEAUTY BENEFIT Helps skin retain moisture, making it soft and supple.

The nourishing ingredient also maintains the scalp's natural oils.

SERVING SIZE 4–6 ounces three times per week

green tea

POWER PLAYER Polyphenols

BEAUTY BENEFIT Boasts major anti-inflammatory and anti-cancer properties. Add a squeeze of lemon juice to your tea—the acidity boosts its positive effects.

SERVING SIZE 1–2 cups per day

dark chocolate

POWER PLAYER Cocoa flavonols

BEAUTY BENEFIT Improves blood flow and circulation to the scalp, delivering nutrients to hair and preventing it from getting dry and brittle.

SERVING SIZE 1 ounce or 150 calories per day

tomatoes

POWER PLAYER Lycopene

BEAUTY BENEFIT Prevents sun damage. The potent antioxidant works best when it's been cooked, so homemade tomato soup or marinara sauce are both great options.

SERVING SIZE Aim for at least 5 portions (about ¼ cup of sauce or 4 tomato slices) per week.

bell peppers and broccoli

POWER PLAYER Vitamin C

BEAUTY BENEFIT Helps produce collagen, the dermal building block. In other words, fewer fine lines around your eyes and mouth.

SERVING SIZE 1 cup fresh or ½ cup cooked per day

blackberries and raspberries

POWER PLAYER Ellagic acid

BEAUTY BENEFIT Protects against UV rays and can help prevent wrinkles.

SERVING SIZE ½ cup fresh or frozen per day

greek yogurt

POWER PLAYER Calcium

BEAUTY BENEFIT Builds strong bones, which minimize facial sagging, and also reduces cavities and strengthens nails. Look for a low-fat version with no more than 10 grams of sugar.

SERVING SIZE One serving (6 ounces) per day

avocados

POWER PLAYER Oleic acid

BEAUTY BENEFIT Helps the body absorb antioxidants and retain moisture. Plus, it contains copper, a collagen booster.

SERVING SIZE ¼ to ½ medium avocado per day

sweet potatoes

POWER PLAYER Beta-carotene

BEAUTY BENEFIT Destroys free radicals, preventing damage to skin cells. The body converts beta-carotene to vitamin A, which fights all signs of aging.

SERVING SIZE One per day. Swap in carrots, cantaloupe or mango for a comparable effect.

spinach

POWER PLAYER Iron

BEAUTY BENEFIT Gives hair more fullness and body. The green veggie has lutein, which protects and brightens eyes. Combine with a vitamin C–rich food (oranges, strawberries) for best absorption.

SERVING SIZE One cup fresh or ½ cup frozen 3 times per week