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# Eat these for gorgeous skin

Subzero temps, arid days, harsh winds: No one would blame you for hiding indoors this winter just to give your skin a break. Well, time to put on that parka! These healthy, delicious picks will protect you from the inside out.

BY MARYGRACE TAYLOR

## EXPERTS:

Lisa Drayer, registered dietitian and author of *The Beauty Diet*, and Judith Hellman, M.D., associate clinical professor of dermatology at New York City's Mount Sinai Hospital

## CUCUMBERS

Think of this veggie as a tall drink of water, but with a satisfying crunch. Hydration is an essential part of maintaining beautiful skin, and cukes happen to be made up of about 96 percent water—more than most solid foods, including watermelon. They also contain silica, a nutrient that aids your body in producing hyaluronic acid. “This compound helps cells retain moisture so your skin appears plump and fresh,” says Hellman. Toss 1 cup of chopped cucumbers with quinoa, tomatoes, and parsley for a filling grain salad.



## WALNUTS

They're packed with alpha-linolenic acid (ALA), an omega-3 fatty acid that's a must-have for soft, supple skin. Essential fatty acids limit the loss of water and nutrients from your skin cells and may even prevent inflammation (in the form of scaly skin or redness) that can be brought on by chilly temps, Drayer says. Walnuts are pretty high in calories, so fortunately you don't need to eat tons of them to benefit: A ¼-cup serving (about 196 calories) delivers more than twice your minimum recommended daily intake of ALA.



## DRIED APRICOTS

When your metabolism slows down in the winter, so does your skin's natural exfoliation process. This can cause dead skin cells to accumulate, and the result is a dull-looking complexion, explains Hellman. To brighten things up, nibble on ¼ cup of these sweet bites. You'll get a healthy dose of vitamin A, which plays an important role in promoting the growth of healthy new skin cells, says Drayer. And unlike their fresh counterparts, dried apricots are easy to find all year round.



## TURKEY

Swap out your usual cold-weather comfort meal—looking at you, bacon mac and cheese—for one featuring this hearty, low-fat meat. A 3-oz serving delivers just over a quarter of your daily zinc (and under 2 g of saturated fat), a mineral that helps your body continue to churn out healthy skin cells and protects your skin against agers like UV rays and pollution. Some studies show that zinc may even help reduce acne. So in other words, that bowl of turkey chili has magic powers!



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