

NUTRITION

Eat for Glowy Skin

Foods to keep your largest organ healthy and refreshed

BY STEPHANIE ANDERSON WITMER

Want more radiant skin without a filter or fillers? Pay as much attention to the foods you swallow as you do to the serum you slather on. “Your diet affects the health and aging of your skin, so good nutrition is important,” says Lisa R. Young, Ph.D., R.D.N., author of *Finally Full, Finally Slim*. Certain vitamins and antioxidants help keep skin healthy and intact so it can do its many jobs, which include aiding in keeping fluid levels balanced (a.k.a. hydration!), regulating body temperature, and serving as a barrier to keep harmful stuff out. Put your best face forward by stocking the fridge with these four foods.

GRAPES

Red and purple grapes are loaded with skin-protecting flavonoids, and they’re also rich in resveratrol, a potent antioxidant that wards off the effects of skin aging.

ROASTED GRAPE AND WHEAT BERRY SALAD

Cook 1 cup **wheat berries** per pkg. directions. On rimmed baking sheet, toss 1 lb **seedless red grapes**, 8 sprigs **fresh thyme**, 1½ Tbsp **olive oil**, and ¼ tsp each **kosher salt** and **pepper**. Roast, tossing occasionally, until grapes begin to burst, 15 min. Scatter 1 bunch **spinach** (thick stems removed) over grapes and roast 2 min. more. Gently toss until spinach begins to wilt, then fold into wheat berries.

COD

Though lean, cod is high in omega-3 fatty acids, which may make skin more dewy and moisturized. Or try walnuts, a great plant-based source of omega-3s.

CRISPY MUSTARD-ROASTED COD

In bowl, combine 1 Tbsp each **Dijon** and **whole-grain mustard**. In second bowl, combine ½ cup **panko** and 1 Tbsp each **olive oil** and chopped **tarragon**. Place



four 6-oz pieces **cod fillet** on baking sheet, spread mustard mixture on top, then sprinkle with breadcrumbs (press gently to adhere). Roast at 425°F until fish is opaque throughout, 10 to 12 min.; broil until golden brown, 1 min.

TOMATOES

Lycopene gives tomatoes their hue (it's best absorbed from cooked ones) and helps protect skin from sun damage and wrinkles. Tomatoes also have vitamin C, vital for creating collagen, repairing damaged skin, and improving skin elasticity.

SKILLET-ROASTED VEGGIES

Heat 1 Tbsp **oil** in large skillet on

medium. Add 2 small **red onions** (cut into ½-in.-thick wedges), 2 **peppers** (red, orange, yellow, or a combo; quartered, then sliced crosswise ½ in. thick), ½ lb **Campari** or **large cherry tomatoes** (halved), and 2 cloves **garlic** (thinly sliced); season with ½ tsp each **kosher salt** and **pepper** and cook 2 min. Transfer skillet to oven and roast at 400°F until vegetables are tender, 14 to 16 min. Serve sprinkled with **parsley** and **almonds**.

AVOCADOS

Monounsaturated fatty acids help skin

maintain plumpness and elasticity, and a slew of other nutrients (lutein, zeaxanthin, and vitamins C and E) protect skin from UV rays and free radicals or repair skin when it's damaged.

GRILLED GUAC

Heat grill to medium-high. Halve and pit 2 **ripe avocados** and brush cut sides with 2 tsp **canola oil**. Grill, cut sides down, until lightly charred, 2 to 3 min. In bowl, combine 1 **jalapeño**, ¼ **white onion**, and ¼ cup **fresh cilantro** (all finely chopped) with ½ tsp **kosher salt** and ¼ tsp **pepper** and lightly mash with fork. Scoop out avocado, add to bowl with 2 Tbsp **fresh lime juice**, and mash.