

# EAT POWER

## 25 POWERFUL SKIN SAVING FOODS

The Foods That Protect Your Collagen, Battle Free Radicals, and Promote Youthful, Glowing Skin



**RAJANI KATTA MD**



## THE RIGHT FOODS PROVIDE **POWER**:

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The power to prevent **SKIN DAMAGE** and the power to **PROMOTE SKIN REGENERATION**

Your skin is the largest organ of your body, and it is amazing. It protects you from extremes of temperature, from UV radiation, from infection, and more.

And it has a remarkable ability to regenerate. Think about the last time you had a paper cut. (That painful one. On the tip of your thumb. The one that made you wince every time you turned the page.)

Just two days later, and it was gone. Completely healed. On its own.

Healed so completely, in fact, that it was as though it had never been there at all.

That's what your skin can do: it has amazing abilities to repair and regenerate.

The right foods can support and supercharge those systems.

# WHAT CAN THE **RIGHT FOODS** DO FOR YOUR SKIN?

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## THEY CAN:



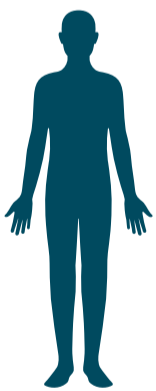
1. QUENCH FREE RADICALS



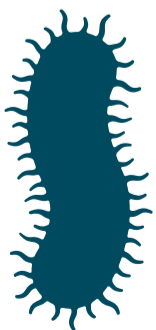
2. BLOCK SCISSOR ENZYMES



3. ACTIVATE DNA REPAIR SYSTEMS



4. STRENGTHEN THE SKIN BARRIER



5. PROMOTE THE GROWTH OF GOOD MICROBES THAT STRENGTHEN THE SKIN BARRIER





# WHAT CAN THE **RIGHT FOODS** DO FOR YOUR SKIN?

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## 1. QUENCH FREE RADICALS

Your skin is under siege. Every minute of every day. Which is why your skin has so many built-in defense and repair mechanisms.

We know that ultraviolet (UV) radiation ages the skin. And the more that hits the skin, the more damage that results. You might see this as a sunburn. But even without a visible burn, that radiation produces free radicals and “burns” your skin on a cellular level, with damage to DNA, collagen fibers, elastic fibers, and more.

Antioxidants act to quench that damage. Some are naturally found in your skin, but they're constantly being used up. That's why the antioxidants in your food are so important: they provide a constant, renewable source of quenching antioxidants.





## WHAT CAN THE **RIGHT FOODS** DO FOR YOUR SKIN?

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### **2.** BLOCK SCISSOR ENZYMES

UV radiation also damages the skin by increasing levels of "scissor" enzymes. These enzymes, including collagenase and elastase, start snapping away at the collagen fibers and elastic fibers that maintain youthful, resilient skin. The right foods prevent the activation of scissor enzymes.

### **3.** ACTIVATE DNA REPAIR SYSTEMS

When DNA damage does occur, your body springs into action to repair that damage. The right foods work to activate this system.

# WHAT CAN THE **RIGHT FOODS** DO FOR YOUR SKIN?

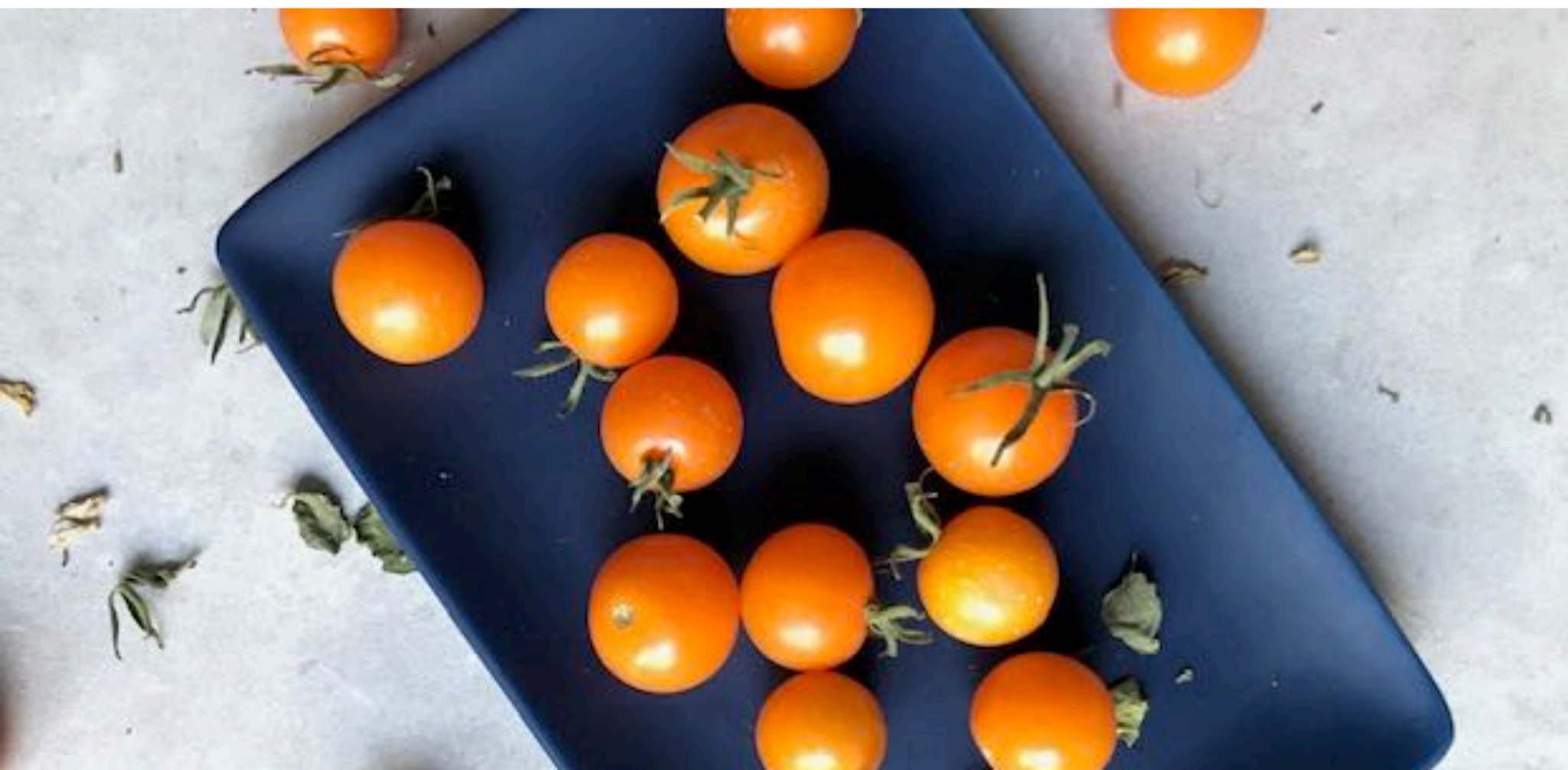
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## 4. STRENGTHEN THE SKIN BARRIER

The right foods can also help regenerate the skin barrier. Your skin barrier has two main functions: keep moisture in and keep irritants out (along with microbes, allergens, and toxins). As you age, that barrier doesn't work as well. The right foods, including the right fats, can help strengthen that skin barrier.

## 5. PROMOTE THE GROWTH OF GOOD MICROBES

A healthy gut can also strengthen the skin barrier. Certain "good" microbes that live in your gastrointestinal tract can produce substances that actually strengthen the skin barrier. The right foods can promote the growth of these good microbes.



# FOR **YOUTHFUL** AND **HEALTHY** SKIN

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## **You need a holistic approach**

It's not just about the right cream or the right procedure, although that may be part of it. A holistic approach means that you're looking at the whole picture. There are a number of factors that impact the health of your skin, and they're interconnected. To start with, you need to protect your skin on the outside from UV radiation and other threats. You also need to promote healthy skin by providing high levels of nutrients and promoting skin repair.

## **When it comes to promoting youthful, healthy skin, there are no quick fixes**

There ARE quick fixes when it comes to repairing skin damage (technology is amazing). But promoting healthy skin requires taking small, consistent actions. To prevent sun damage, you have to protect yourself from UV radiation every single day. To promote youthful skin, you need to replete the nutrients in your skin every day.

## FOR **YOUTHFUL** AND **HEALTHY** SKIN

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### **Eating for youthful, healthy skin means focusing on your overall eating pattern**

No one supplement, and no one food, is ever going to be as powerful as the combination of nutrients in a balanced, varied, nutrient-rich diet. That means a focus on a powerful, nutrient-rich, whole foods diet.

### **Eating for healthy skin means eating for health**

These recommendations are the same as those recommended for the prevention of heart disease, hypertension, and Alzheimer's. That makes sense, because the health of our skin is so closely intertwined with our overall health. As just one example of how closely all of these are interconnected: the collagen that supports your skin's framework is similar to the collagen that helps keep your blood vessels flexible and working well. And those blood vessels are critical to supplying your heart and your brain. That's one of the reasons I started to focus on this area of dermatology: eating more skin saving foods means eating for health.



## FOR **YOUTHFUL** AND **HEALTHY** SKIN

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Eating **more vegetables** and fewer processed foods is one of the keys to fighting off some of the biggest threats to our nation's health, including diabetes, hypertension, and heart disease. The fact that vegetables and a **whole foods diet** promote glowing, younger skin gives you one more reason to eat more.



## SKIN SAVING FOODS

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From turmeric to broccoli to green tea, a number of foods have shown powerful skin benefits in research studies. In fact, research into the molecular mechanisms linking skin and nutrition has really exploded over the last few decades. As a result, there's been impressive progress into our understanding of how foods affect our skin. While more research needs to be done, these insights emphasize how important real foods are to health.

The following pages highlight just some of the research and some of the foods and nutrients with powerful skin saving benefits. There are many, many more.

While I often list single nutrients here, it's important to recognize that each food contains dozens and dozens of powerful nutrients. Some we've isolated and studied, and others are just waiting to be discovered. While you could list a dozen benefits for cauliflower alone, this section is meant to simply highlight some of the impressive benefits.

\*While these foods have some great benefits, your medical profile will always determine what foods are great for you. Tomatoes, for example, protect against the damaging effects of UV radiation, but they can also trigger flares of rosacea in some individuals.

# THE 3 KEYS TO EATING FOR **GLOWING**, YOUTHFUL SKIN

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## 1. EAT POWER

Eat foods that provide powerful nutrients.

## 2. STOP SUGAR SPIKES

Elevations in blood sugar levels (sugar spikes) lead your body to produce AGEs (advanced glycation end products). These “sticky” compounds cause collagen damage.

## 3. STOP SKIN SABOTAGE

I call them skin saboteurs, and they’re all around us: foods that damage collagen. From refined carbs, to fried foods, to browned meats, a number of foods have been shown to accelerate the skin aging process.



**EAT POWER** means eat foods that provide powerful nutrients. Certain foods contain the powerful nutrients that promote youthful skin. If you're looking at your dinner plate, you want to make sure you've got these covered



- **Foods and beverages that are naturally rich in antioxidants,** including fruits, vegetables, green tea, herbs and spices, and more. These foods are also rich sources of anti-inflammatory compounds and other powerful nutrients, which means they pack a double punch.
- **Power carbs,** such as whole grains, beans, and lentils. These foods provide carbohydrates along with a host of powerful nutrients, including fiber, vitamins, minerals, phytonutrients, and protein.

- **Power fats**, including mono-unsaturated fatty acids (MUFAs) and omega-3 polyunsaturated fatty acids. These have been shown to help strengthen the skin barrier, maintain skin elasticity, and provide anti-inflammatory benefits.
- **Herbs and spices** are considered a triple threat: they're a concentrated, powerful source of antioxidants, they're a powerful source of anti-inflammatory compounds, and they have anti-glycation properties.



- **Prebiotics and probiotics** promote the growth of “good” microbes in the gastrointestinal (GI) tract. This ensures good gut health, and it impacts skin health. That’s because these good gut microbes secrete substances that help strengthen the skin barrier and make it more resistant to irritation.

# 25 POWERFUL **SKIN** SAVING FOODS



# GREEN TEA

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Green tea has been shown in **numerous laboratory and animal studies** to have multiple skin benefits. Green tea contains high levels of catechins, which are powerful phytonutrients that have multiple benefits.

One of these, epigallocatechin gallate (EGCG), has been found in multiple studies to be an especially powerful antioxidant, protecting the skin from the damage caused by free radicals.

This compound also helps fight off the "scissor enzymes" which act to destroy the collagen and elastin fibers in your skin.

# STRAWBERRIES

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Berries are known for their high levels of antioxidants, and strawberries are right up there. In one laboratory study, an extract from strawberries was able to protect collagen-repairing skin cells from the damaging effects of free radicals.





# GRAPES

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Grapes have high levels of a particular phytonutrient called proanthocyanidins. In laboratory studies, these plant compounds have been shown to promote DNA repair.

# POMEGRANATE

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The fruit pomegranate has been used for centuries in several ancient cultures for different medicinal purposes. Now, we consider it to be an important skin protector, because it enhances your skin's ability to withstand UV radiation.

In recent years, multiple research studies have found that consuming pomegranates, pomegranate juice, or pomegranate extract, can help protect the skin from the damaging effects of UV radiation. **In one study,** researchers compared three different

groups of female volunteers. Before the study, they measured how much UV radiation was required to cause a sunburn reaction. The volunteers then consumed daily pomegranate for 12 weeks (in the form of juice or an extract) or a placebo.

At the end of the 12 weeks, the women were again exposed to UV radiation to see how much they could withstand before developing a sunburn reaction. In the women consuming either the pomegranate juice or extract, their skin was "sun stronger": they no longer sunburned after exposure to the same dose of UV radiation.

# TOMATOES

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Tomatoes are a great source of nutrients, including a particular antioxidant called lycopene.

Foods high in lycopene include tomatoes, as well as other red or pink fruits and vegetables, such as watermelon, pink grapefruit, and papaya. Lycopene has been studied extensively in laboratory and animal studies, and results have been very promising. Results have been so promising, in fact, that tomato paste has been studied in humans.

**In one study, volunteers ate about 2 tablespoons of tomato paste in olive oil every day for 10 weeks.** A comparison group consumed only olive oil. At the start and end of the study, the volunteers were exposed to UV radiation. After this UV exposure, the intensity of the sunburn reaction on the skin was measured.



# TOMATOES

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Following 10 weeks of daily tomato paste, the volunteers experienced a 1/3 reduction in the level of redness following UV irradiation. (Redness was measured directly before and 24 hours after UV irradiation.) This was a much greater reduction than the group consuming olive oil only.

**In other words, a daily serving of tomato paste actually reduced the risk of a sunburn reaction.**

**Another study** was even able to show protection on a cellular level. In this study, volunteers consumed tomato paste in olive oil every day for 12 weeks. (They consumed close to 4 tablespoons of tomato paste daily.) At the end of 12 weeks, they also experienced less skin redness following UV exposure.

They even showed less damage on a cellular level. Specifically, they experienced a reduction in levels of a collagen-destroying enzyme that would normally be elevated following UV exposure.

**In other words, a daily serving of tomato paste seemed to help these subjects protect their collagen from UV damage.**

# RED PEPPERS

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Red peppers are a great source of multiple phytonutrients, including vitamin C and carotenoids, both of which help protect the skin from the damaging effects of UV radiation.

## Romesco Sauce

### INGREDIENTS

- 1 slice bread
- 1/4 cup sliced almonds
- 1 roasted red pepper (if using from jar, drain first)
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 tablespoon sherry vinegar (or substitute other vinegar, such as apple cider)
- 1/2 tablespoon paprika
- 1/4 teaspoon salt
- 1 garlic clove, crushed [optional]

### DIRECTIONS

1. Toast bread and almonds. For almonds, you can toast over medium heat on a dry skillet for 3-4 minutes, stirring frequently, until brown.
2. After toasting, add bread and almonds to food processor
3. Add all other ingredients and process

# CAULIFLOWER

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A single head of cauliflower combines dozens of nutrients: some we know about, and others are still waiting to be discovered. These dozens of nutrients may each have a separate, important health benefit. That's why just taking a capsule of quercetin isn't going to replicate the benefits of cauliflower.

## CAULIFLOWER: A SKIN SAVING FOOD

<b><i>Fiber</i></b>	Prebiotic: enhances the growth of good gut microbes
<b><i>Vitamin C</i></b>	A powerful antioxidant and essential for collagen biosynthesis
<b><i>Vitamin K</i></b>	Used in the process of blood clotting
<b><i>Folate</i></b>	Used in cell repair
<b><i>Glucosinolates</i></b>	Phytonutrient compounds; detoxify harmful substances
<b><i>Quercetin</i></b>	Quenches free radicals
<b><i>Rutin</i></b>	Inhibits production of AGEs

# BROCCOLI

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Broccoli is one of my favorite skin saving foods. While there are multiple great ways to integrate it into different recipes, roasted broccoli is simple to cook, highly flavorful, and highly nutritious.

One study showed that broccoli can help block the DNA damage that is so detrimental to our health and skin. After 10 days of eating broccoli every day, smokers in the study experienced a statistically significant decrease in cellular DNA damage.

Broccoli is also a great source of fiber, which helps maintain steady blood sugar levels and helps to promote good gut health.



# CABBAGE

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Cabbage contains a particular group of nutrients called glucosinolates. These are powerful phytonutrients that activate detox enzymes in the liver that work to help eliminate toxins from the body.





## SPICES AND HERBS

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Herbs and spices are what I call a triple threat. They combat oxidation AND inflammation AND glycation, which are the three major forces that age your skin.

Herbs and spices provide a potent, concentrated source of antioxidants. In fact, research studies looking at the antioxidant capacity of multiple foods consistently rank herbs and spices at the top. These same herbs and spices also have potent anti-inflammatory properties.

Herbs and spices also battle glycation. Glycation occurs in the presence of higher blood sugars and results in the formation of advanced glycation end products (AGEs). These “sticky” compounds cause collagen damage. Some spices help prevent the formation of AGEs, while others limit the collagen damage that results. Some may even help reduce blood sugar levels in the first place.

# GINGER

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One of the reasons that UV radiation is so harmful to the skin is that UV exposure activates scissor enzymes in the dermis. These scissor enzymes, including collagenase and elastase, then proceed to snip away at the collagen and elastic fibers that provide strength and elasticity to the skin.

Ginger is such a potent skin-saving spice because it protects the elastic fibers in your skin. Phytonutrients in ginger, called gingerols, are able to block the activity of elastase.

# BASIL

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Basil is a great source of the phytonutrient apigenin. In laboratory studies, apigenin was shown to stimulate DNA repair genes after UV exposure.

# CUMIN

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## Red Lentil Dhal

This recipe utilizes multiple spices, including cumin seeds, mustard seeds, and turmeric, which are all strong, concentrated sources of antioxidant power.

### INGREDIENTS

1 cup split red lentils [uncooked]

3 cups water

3 tomatoes, chopped

1 tsp turmeric

1/2 tsp salt [or to taste]

### DIRECTIONS

1. Add lentils, water, tomatoes, and turmeric to saucepan
2. Bring to boil, then simmer uncovered for 20 minutes
3. Add salt and stir
4. When lentils are fully cooked, may add tarqa for extra flavor (see below)

## Red Lentil Dhal

**TARQA (aka "seasoning")**

### **INGREDIENTS**

2 tbsp. vegetable oil

3/4 tsp cumin seeds

1/2 tsp mustard seeds

1 dried red chili, broke into large pieces

5-8 fresh curry leaves

### **DIRECTIONS**

1. Place oil, cumin seeds, and mustard seeds into skillet
2. Heat on medium-high
3. Stir occasionally until mustard seeds start to "pop", usually about 2-3 minutes. You'll need to watch closely, because the spices can burn quickly.
4. Add chili and curry leaves and stir for 1-2 minutes
5. Add to dhal



## CLOVES

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Cloves are an antioxidant superstar. In one study, cloves had the highest antioxidant capacity (per 100 gram serving portion) of all the foods studied. Cloves are used in many of the world's cuisines, and are a key component in many Indian spice mixtures (masalas).

# TURMERIC

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Turmeric, a spice commonly used in Indian cuisine, has been studied extensively. Research has suggested that it may help in cancer prevention as well as prevention of dementia. (Rates of Alzheimer's are markedly lower in India than the United States, and consumption of turmeric, used in many curries, has been hypothesized to be one of the reasons.)

Turmeric may also help protect our skin from sun damage. Researchers have studied the effects of curcumin (one of the components of turmeric) and have found strong benefits. Exposure to UV radiation results in higher levels of free radicals, which can then cause DNA damage in the skin. Treatment of skin cells with curcumin resulted in a significant reduction of DNA damage. The curcumin even helped promote DNA repair activity.





## PREBIOTICS AND PROBIOTICS

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Research has found that the microbes that live in your gut have the ability to help your skin. We call this the gut-skin connection.

There are many microbes that live in your gastrointestinal (GI) tract, and these microbes have the ability to affect many of your body's functions. This includes the function of your immune system, your metabolism, and your skin barrier. Studies have found that having more "good" microbes in your GI tract may result in a more effective skin barrier. This translates to less moisture loss from the skin, along with less sensitivity to irritation.

How can you ensure that your gut contains these good microbes? You need to start by feeding them the right food. And that means fiber. The fiber found in certain foods acts as a "prebiotic", which means that it helps encourage the growth of good microbes.

In some cases, you may also be able to consume these good microbes. "Probiotics" refer to foods or supplements that contain live active cultures of good microbes. Several studies have demonstrated an improvement in skin barrier function with probiotic foods.



# PREBIOTICS

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## EXAMPLES OF PREBIOTICS FOODS

<b>Vegetables</b>	Artichokes, asparagus, leafy greens, onions, jicama, soybeans, legumes
<b>Fruits</b>	Bananas, berries
<b>Grains</b>	Whole wheat, oats, barley
<b>Nuts and Seeds</b>	Almonds, walnuts, flaxseeds
<b>Other</b>	Garlic

# ONIONS

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Onions have multiple powerful benefits, and play a starring role in many of the world's cuisines. Apart from the boost of flavor that they lend to many foods, they're a rich source of phytonutrients. They are also considered a strong prebiotic food, helping the growth of the good microbes in your gut that have so many health benefits. One of the phytonutrients found in onions, quercetin, is a potent collagen protector. As an antioxidant, it battles the free radicals that destroy collagen. Quercetin also helps fight off collagen-destroying "scissor" enzymes.



# CANNELLINI BEANS

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Cannellini beans, also known as one of the main types of white beans, are one of those unsung health heroes. Beans of all types are considered nutritional powerhouses, and cannellini beans are a nice one to add to your rotation.

They're also known as Italian kidney beans, and they can be added to all types of recipes. They make for a great main dish, such as in sautéed Italian kidney bean recipes. They can also easily be added to salads and soups to ramp up both the flavor and nutrient profile.

## **Cannellini beans also have impressive skin saving credentials.**

- A single 1/2 cup serving provides 6 grams of fiber, important for feeding the good gut microbes that keep your skin and immune system healthy
- A single serving provides almost 1/5 of the daily value of iron, which is one of the most important nutrients for hair growth
- A single serving also provides 9 g of protein, which helps meet your daily needs. Protein during a meal also acts to stabilize blood sugar levels, which helps protect your collagen

# WHITE BEAN DIP

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In this super simple bean dip recipe, they play a starring role. I like to serve this dip with toasted bread sticks, or even better, with vegetables. Since vitamin C helps your body absorb iron better, I love to serve this with red pepper strips, which provide a nice dose of that vitamin C.

## MAIN INGREDIENTS

1 can cannellini beans [15 oz]

## FLAVORS

1/2 tsp dried basil

1/2 tsp dried oregano

## TOPPING

2 tbsp. bread crumbs [we use whole-wheat Panko bread crumbs]

2 tbsp. shredded cheese [we use Colby and Monterey Jack]

## DIRECTIONS

1. Preheat oven to 400 degrees F
2. Drain and rinse the can of beans
3. Pour beans into mixing bowl, add spices, and mash well
4. Spoon into baking dish, smooth the surface, and then sprinkle with bread crumbs and then cheese
5. Bake for 10 minutes. To brown topping, broil under high heat for an extra 2 minutes.



## CHICKPEAS

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I'm always looking for more ways to add beans and lentils to our diet. Beans of all types are what I consider power carbs: they're a great source of energy-rich carbs, combined with a hefty dose of both protein and fiber. That protein and fiber acts to help stabilize blood sugar levels, which is important for health and skin health.

Chickpeas are also a great source of other important vitamins, minerals, and phytonutrients. For example, they're a source of both iron and zinc, **minerals important for hair growth.**

# RED KIDNEY BEANS

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## Texas Veggie Chili

### INGREDIENTS

#### Flavor Base

- 2 tbsp. olive oil
- 1 onion, chopped
- 1/2 cup golden raisins

#### Sauce

- 1 can (8 oz) tomato sauce
- 2 tsp vinegar

#### Spices

- 2 tsp each: Dried basil/ Dried oregano/Garlic powder
- 1 tsp each: Salt/ Cumin
- 1/2 tsp: chili powder
- 1 bay leaf

#### Main Chili Ingredients

- 1/2 cup bulgur (quick-cooking)
- 1 can (16 oz) red kidney beans (rinsed and drained)
- 1 can (15 oz) black beans (rinsed and drained)
- 1 cup water

### DIRECTIONS

1. Heat oil in saucepan on medium-high heat, then add onions and sauté until golden
2. Add raisins and stir
3. Add tomato sauce, vinegar, and flavorings. Cook 2 minutes, stirring occasionally
4. Add main ingredients and lower heat to low. Cook, covered, for 10 minutes, stirring occasionally

# MISO

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Miso is a fermented soy condiment that's a great source of good microbes. As a bonus, it's an easy addition to dips, sauces, and dressings.



# GOLDEN YOGURT

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Depending on how it is made, yogurt can be a great source of beneficial microbes. Studies in human volunteers have demonstrated that certain yogurt strains can increase skin barrier function.

## INGREDIENTS

8 ounces of yogurt (with live active cultures)  
1 TSBP olive oil  
1/2 TBSP cumin seeds (whole)  
1/2 TBSP coriander seeds (whole)  
1 tomato, chopped  
1 onion, chopped  
1 TSP turmeric  
1/4 TSP salt

## DIRECTIONS

1. In skillet, add olive oil, cumin seeds, and coriander seeds
2. Heat to medium, stirring frequently, for 1-2 minutes (these spices can burn quickly, so watch closely)
3. When spices are fragrant, add tomatoes, onions, turmeric, and salt
4. Cook for 10 minutes, stirring occasionally
5. Add mixture to yogurt and stir





## POWER FATS

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The right kind and the right levels of fat in your diet (not too little and definitely not too much) can help optimize the function of your skin barrier. This has been demonstrated for certain monounsaturated fatty acids (MUFAs) and for omega-3 polyunsaturated fatty acids (PUFAs). These "good" fats also have anti-inflammatory properties, which helps to limit skin damage.

# WALNUTS

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## Basil Pesto

### INGREDIENTS

- 1 or 2 peeled garlic cloves
- 2 cups of basil leaves [loosely packed]
- 1/3 cup chopped walnuts
- 1/4 tsp salt
- 1/4 cup olive oil

### DIRECTIONS

1. Chop garlic cloves in food processor
2. Add basil, walnuts, and salt, and coarsely chop the mixture
3. Add olive oil and chop to the consistency of a thick paste

# OLIVE OIL

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Olive oil is a great source of monounsaturated fatty acids and phytonutrients. In one study, participants who reported higher intakes of olive oil were noted to have less skin wrinkling.

## OTHER EXAMPLES OF HEALTHY FATS

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- **Nuts:** walnuts, Brazil nuts, almonds, pecans
- **Seeds:** chia seeds, ground flaxseeds
- **Vegetables:** avocados, olives, olive oil
- **Fatty fish:** herring, mackerel, salmon, sardines, trout, tuna



## POWER CARBOHYDRATES

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Why do I consider lentils, beans, sweet potatoes, and whole grains to be power carbs? It's because these foods are a great source of several powerful nutrients.

Consuming power carbs in place of refined carbs [meaning more whole grains and lentils and less white bread and white rice], can help your skin in several ways.

◆ **Powerful Source of Antioxidants:** Beans, as one example, provide selenium, a mineral that's been shown to help fight oxidation. In laboratory and animal studies, selenium has even helped to reduce the incidence of skin cancer. That's only one nutrient. There are many, many other phytonutrients found in beans, lentils, whole grains, and vegetables. Researchers have only just started to uncover their many benefits.



◆ **Hefty Dose of Prebiotic Fiber:** Fiber is considered an incredibly important nutrient, even though we don't always hear that message. We hear celebrities talk about eating more protein, and we've all been told to make sure we're getting enough vitamins and minerals. The message of "eat more fiber" isn't as popular, but it's incredibly important for our health and our skin. [When I say fiber, I mean real, food-based fiber, like the type you find in beans and vegetables. The highly processed fiber that's added to protein bars and protein shakes hasn't yet been shown to function in the body in the same way as real fiber, so I'm leery of relying on fake fiber for health benefits.]

Researchers are still discovering the amazing properties of fiber. To start with, the fiber found in certain vegetables, beans, lentils, and whole grains functions as a powerful prebiotic. Prebiotics are substances that act to promote the growth of "good microbes" in our gut. Those good microbes have been shown to help strengthen your skin barrier and tame inflammation.

◆ **Hefty dose of Fiber and Extra Dose of Protein to Stabilize Blood Sugar Levels:** The carbohydrates in beans, lentils, and whole grains come packaged with a hefty dose of fiber and protein. Fiber and protein act to stabilize blood sugar levels, which in turn helps preserve collagen.

# BROWN RICE

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Brown rice provides a strong dose of fiber and multiple vitamins, minerals and phytonutrients. It's a great source of selenium, a powerful antioxidant, as well as manganese, a mineral important in wound healing.

# QUINOA

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Quinoa has skyrocketed to popularity in recent years, and for good reason. It is a power carb: while its carbohydrates provide energy, quinoa is also high in protein, fiber, and minerals. With iron, zinc, magnesium, and manganese, it is a great source of multiple skin saving nutrients

## Quinoa Salad

### INGREDIENTS

1 cup quinoa, uncooked, rinsed well 2 cups water  
1/2 cup shredded carrots  
1/2 cup cooked chickpeas (if canned, rinse well) 1/2 cup  
chopped apples  
1/2 cup chopped red bell pepper

### DRESSING

3 tbsp apple cider vinegar 1 tbsp extra virgin olive oil 1/2 tsp  
salt  
1/4 tsp black pepper

# QUINOA

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## Quinoa Salad

### TOPPING

1/4 cup chopped cilantro (leaves and stems, tough ends discarded)

1/4 cup toasted pumpkin seeds

### DIRECTIONS

1. Add quinoa and water to saucepan and bring to full boil
2. Lower heat to low, cover pan, and cook for 15 minutes
3. Remove pot from heat and let stand for 5 minutes
4. While quinoa is cooking, make dressing: place dressing ingredients in a jar with tight lid, and shake to combine
5. Transfer cooked quinoa to serving bowl and fluff with fork. Add other ingredients and dressing and stir gently
6. Top with cilantro and pumpkin seeds

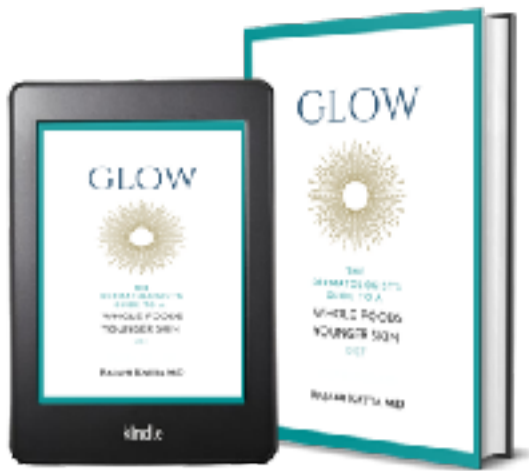


# GREEN LENTILS

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Lentils of all types are a fantastic source of protein, fiber, and phytonutrients. Green, red, black, and brown lentils are all nutritional powerhouses, and are in the legume family. In one study, volunteers underwent skin microscopy to determine their level of skin wrinkling. The volunteers reporting a higher intake of legumes, fruits, and vegetables had less skin wrinkling.





*Learn the latest research  
on how skin saving foods  
can help promote healthy,  
glowing skin*

If you'd like to learn more, please see my website at [KattaMD.com](http://KattaMD.com).

If you'd like to receive updates on preventive dermatology and skin saving foods, please [sign up here](#).

If you're interested in the science behind an anti-wrinkle diet, please see this [medical journal article](#). The article was written by myself and my collaborators, and references many of the fascinating research studies that have informed my work.

And finally, if you'd like to read more about the link between your skin and your diet, please see this excerpt of my latest book, ["Glow: The Dermatologist's Guide to a Whole Foods Younger Skin Diet"](#)

Wishing you all the best,



**Rajani Katta MD**

**Food Photography and Styling by:**

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