

Foods For Skin Health

Apigenin Foods: Celery, parsley, other spices such as rosemary, oregano, thyme, basil, cumin and coriander, chamomile, cloves, lemon balm, artichokes, spinach, peppermint, red wine, licorice

Kaempferol Foods: Watercress, mustard greens, arugula, spinach, kale, endive, blueberries, watermelon, gooseberries, strawberries, blackberries, kiwi, peach, cherry, elderberry, apricot

Quercetin Foods: Fruits and vegetables, especially onions, citrus, and apples. Other sources include dark berries, grapes, and olive oil. Green tea and red wine have also been pointed out as having notable amounts of quercetin

Coumarin Foods: Cassia cinnamon, Mexican vanilla, tonka beans, strawberries, cherries, apricots, green tea, celery, bilberry, honey, carrots, sweet clover, peppermint, licorice root

Carotenoid Foods: Carrots, tomatoes, sweet potatoes, yellow and orange foods

Avocados: Protect against sun damage, smooth out wrinkles and protect against acne, psoriasis (when paired with B12)

Hydrating Foods: Cucumber, lettuce, celery

This list is not complete - just examples. To learn if a favourite food contains any of these phytonutrients, just google the name of the food and the specific phytonutrient

The information provided is for educational purposes only.