

*Module 3, Lesson 3 Tool:*

**Best Foods for Healthy Skin**

Our skin is the one organ that is visible to the world and for most of us, it seems to decline with every year of our life. Even with all the products on the market, the true secret to the glowy and plump skin you've been longing for is perhaps food. Below are some of the foods that research shows can benefit our skin and keep us hydrated and healthy.

**Fruits & Vegetables**

- Apricots
- Berries
- Mangos
- Papayas
- Avocado
- Tomatoes
- Spinach
- Kale
- Bell peppers
- Carrots
- Sweet potatoes

**Fatty Fish**

- Salmon
- Mackerel
- Herring
- Sardines

**Nuts, Seeds & Beans**

- Almonds
- Walnuts
- Sunflower seeds
- Flaxseeds
- Peas
- Lentils

**Drinks**

- Water
- Green tea