

**Table. The main nutrients that can affect our skin health and its food sources.**

Nutrients	Effect on skin	Food sources
<b>Vitamin C</b>	Collagen regeneration Repair sun exposure effect (oxidation). Protect against UVA and UVB rays.	citrus fruits strawberries vegetables: peppers, broccoli, Cauliflower. 500 to 1000mg supplements can be taken daily
<b>Vitamin E</b>	Reduces wrinkling. Reduces sun exposure and carcinogenic agents damage	vegetable oils. nuts. seeds. olives. spinach.
<b>Vitamin A</b>	Used as anti-aging agent (minimise skin lines and wrinkling)	Liver Fish Eggs Carrots Butter Bluefin tuna
<b>Vitamin K</b>	It is an anti- haemorrhaging	
<b>Vitamin B complex</b>	Reduces inflammation, itching, peeling, maintain a moisturized skin ( <b>biotin B7, Niacin B3 Panthoteic acid B5</b> )	Bananas, eggs, and rice (B7). Meat, fish, milk, leafy vegetables, cereals, legumes (B3). milk, yeast, liver and kidneys, seeds, broccoli (B5).
<b>Selenium</b>	Protects from sun exposure. Elastin development (important protein found in skin)	sea food, whole wheat, nuts, eggs, garlic
<b>Zinc</b>	Helps to heal tissues and healing wounds	Oysters, pecans, poultry, pumpkin seeds, ginger, legumes, sea food, mushrooms and whole grains
<b>Hyaluronic Acid</b>	Makes skin full and smooth. Reduces inflammation and prevent wrinkling.	Can't find it in natural foods. thus, you can use it as cream
<b>Omega 3 and Omega 6 fatty acids</b>	Necessary for the making of fat that are like a natural skin protection barrier	wheat, poultry, oils, pastry (omega 6) omega 3 fatty acids are abundant in food and doesn't need any special complementation with a balanced diet.