• Vitamin C is necessary for collagen production, which gives skin its structure and elasticity – citrus, strawberries, tomatoes, cruciferous vegetables

• Vitamin E can help reduce skin inflammation, and reduce collagen and moisture loss – sunflower seeds and oil, almonds, peanuts, leafy greens

• Carotenoids can help reduce signs of sun damage – often found in yellow/orange fruits and veggies
Need more Omega-3 fatty acids? Try these tips:

- Eat a variety of colorful fruits and vegetables
- For cooking, try plant oils like sunflower, soybean oil or canola
- Add nuts or seeds, like flaxseed or sunflower seeds, to a salad
- Choose whole grain breads and cereals
- Incorporate fatty fish 2x per week