

- **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**