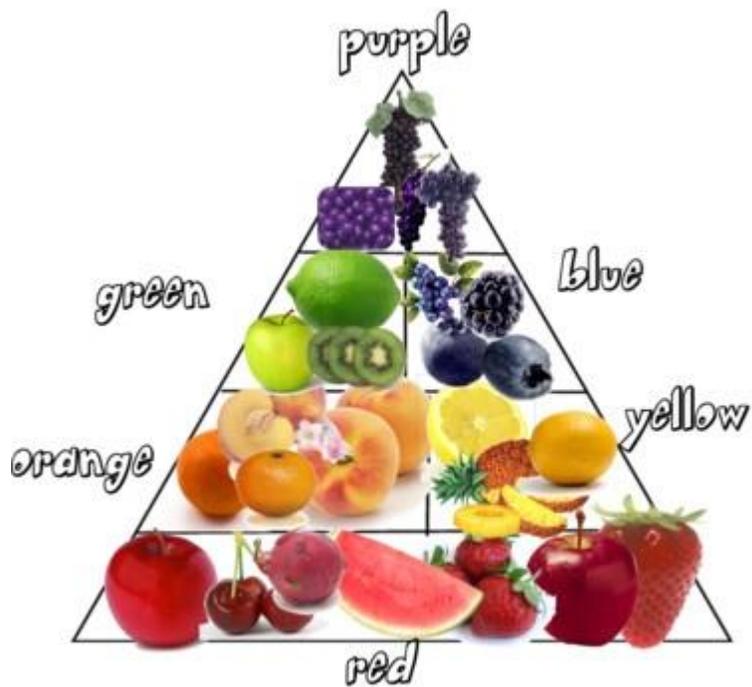


Information about Anti-Oxidants in your diet



Scientists at the USDA have developed a rating scale that measures the antioxidant content of various natural plant foods. The scale is called ORAC, which stands for Oxygen Radical Absorbance Capacity.

Fruits	Anti-oxidant Value ORAC units per 100 grams
Prunes	5570
Raisins	2830
Blueberries	2400
Blackberries	2036
Strawberries	1540
Raspberries	1220
Plums	949
Oranges	750
Red grapes	739
Cherries	670
Kiwi fruit	602
Grapefruit	483

Vege- tables	Anti- oxidant Value ORAC units per 100 grams
Kale	1770
Spinach	1260
Brussels sprouts	980
Alfalfa sprouts	930
Broccoli flowers	890
Beets	840
Red bell pepper	710
Onion	450
Corn	400
Eggplant	390

USDA recommends to eat foods containing at least 3,000 ORAC units a day.



Top 10
Antioxidant
Foods



TOP ANTIOXIDANT FOODS

ORAC* UNITS PER 100 GRAMS

Dark Chocolate	13,120
Milk Chocolate	6,740
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Alfalfa sprouts	930
Broccoli florets	890
Oranges	750
Grapes, red	739
Red bell pepper	710
Cherries	670
Onion	450
Corn	400
Eggplant	390

*ORAC (Oxygen Radical Absorbance Capacity) is a measure of the ability of foods to subdue harmful oxygen free radicals that can damage our bodies.

SOURCE: Data from U.S. Department of Agriculture and the *Journal of the American Chemical Society*.





HEALTH BENEFITS OF ANTIOXIDANTS AND THEIR FOOD SOURCES		
Antioxidant	Health benefits	Food sources
Selenium	Helps maintain healthy hair and nails, enhances immunity, works with vitamin E to protect cells from damage. Reduces the risk of cancer, particularly lung, prostate, and colorectal.	Garlic, seeds, Brazil nuts, meat, eggs, poultry, seafood, whole grains. The amount in plant sources varies according to the content of the soil.
Beta-carotene	Keeps skin healthy, helps prevent night blindness and infections, promotes growth and bone development.	Red, yellow-orange, and leafy green vegetables and fruits, including carrots, apricots, cantaloupe, peppers, tomatoes, spinach, broccoli, sweet potatoes, and pumpkin.
Vitamin E	Acts as the protector of essential fats in cell membranes and red blood cells. Reduces risk of cancer, heart disease, and other age-associated diseases.	Peanut butter, nuts, seeds, vegetable oils and margarine, wheat germ, avocado, whole grains, salad dressings.
Vitamin C	Destroys free radicals inside and outside cells. Helps in the formation of connective tissue, the healing of wounds, and iron absorption, and also helps to prevent bruising and keep gums healthy. May reduce risk of cataracts, heart disease, and cancer.	Peppers, tomatoes, citrus fruits and juices, berries, broccoli, spinach, cabbage, potatoes, mango, papaya.

SOURCE: The American Dietetic Association And WebMD.

According to Andrea Rustad, Author of Barre.and.brunch website and fitness blog:

Hydration

We always hear about the importance of staying hydrated for health, and skincare is no exception. Good hydration is crucial to skin health and appearance, and the best thing is just to drink enough water. In some cases, tap water (if it's clean) may actually be better than filtered water due to its higher content of minerals and ions that your body and skin needs!

One way to make drinking water more enjoyable is to add some flavor with lemon, mint, cucumber, peaches, or other fruits and veggies (or a combo!) to your water (try to use a reusable bottle to help the environment). This is better than buying flavored water because many of them add a lot of sweeteners. Also you will feel very fancy with your glass of lemon mint water.

And I couldn't write a post about beverages with talking about tea!!! I have a whole shelf full of different teas, and was once told that if I got a paper cut I would bleed tea. So I love tea a lot, if you haven't gathered this from my many tea parties.

Tea (unless it's sweetened) is calorie-free, so it's also a more flavorful way of drinking water, and different types of tea can also provide health and skin benefits. Green tea is really great for skin! It is anti-inflammatory (you can also place green tea bags on your skin to help with redness or puffy eyes), protects cell membranes, and also helps your metabolism.

My favorite teas are probably mint and chai, but I love pretty much all teas. I love Yogi Teas because they have inspirational messages on the tea label, which is really fun and makes me smile when I start my day with a cup of tea! I recently got a really tasty cinnamon vanilla tea from Yogi Tea that says it's good for your skin, which makes sense because cinnamon is a great antioxidant, and antioxidants help with healthy skin. If you're looking to check out some teas, I love David's Tea stores because they have many samples and options, and you can get free tea on your birthday!

Food

I talked about what to drink for healthy skin, so it's only logical to address what to eat! Obviously, the healthier your diet, the healthier you will be overall, including your skin. However, there are some foods that are especially helpful for healthy skin. And they're pretty tasty too!

Foods that are great for skin health are whole wheat bread, nuts, low-fat dairy products, and foods high in antioxidants like berries, kale, peppers, spinach, lemon, ginger, beets, beans, and much more.

Here are some specific examples that I love:

- Salmon (and other fish) is great for skin because it provides essential fatty acids that help strengthen cell membranes and retain moisture. Yay for healthy fats!
- Carrots are a great source of Vitamin A, which encourages healthy skin cell production and protects against damage. Carrots also contain carotenoids, which contribute to their orange color, and a study by the National Cancer Institute found that a high intake of carotenoids correlates to being 6 TIMES LESS likely to develop skin cancer!! (Maybe the phrase should be changed to "a carrot a day...")
- Sunflower seeds contain the most natural Vitamin E of ANY food! Vitamin E is the best antioxidant for slowing down skin cell aging - it absorbs the harmful UV light from the sun.