

# 12 BEST FOODS FOR GLOWING SKIN



## Avocado

Rich in healthy fats and vitamins for soft, radiant skin.



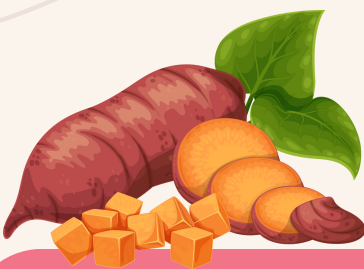
## Blueberries

Packed with antioxidants for fighting premature aging



## Spinach

Contains vitamin A and antioxidants for glowing skin



## Sweet Potatoes

Vitamins A and C for improved skin texture and tone



## Citrus Fruits

High in vitamin C for collagen production and skin repair



## Salmon

Omega-3 fatty acids lock in moisture for hydrated skin



## Walnuts

Omega-3s and antioxidants promote elasticity and radiance



## Green Tea

Antioxidants protect against free radical damage



## Papaya

Vitamins A, C, and E improve elasticity and reduce aging signs



## Almonds

Vitamin E protects against UV damage and moisturizes skin



## Coconut Oil

Deeply moisturizes and nourishes for a supple complexion



## Dark Chocolate

Rich in antioxidants for a healthier appearance