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EAT WELL, CARE WELL.

TIPS FOR HEALTHY SKIN:

Taking care of yourself as a caregiver can be tough! The skin is the largest system of the body, let's discuss how to keep it healthy.

Exfoliating the skin can help rid of dirt and dead skin cells that build up over time. Try exfoliating once every week (depending on sensitivity of skin).

Do not forget to moisturize the skin. Moisturizing the skin helps hydrate the skin as well as keeping it look healthier and younger.

Many of the foods we intake can affect the way our skin looks, feels, and functions. Vitamin C is needed to provide structure to the skin, examples of foods with Vitamin C are red peppers, brussels sprouts, lemons, oranges, blueberries and grapefruit. These foods also have antioxidants that can help fight against cell damage and things that harm the skin. Many different foods can help the production of healthy skin.

WEEKLY CHALLENGES

CHOOSE LOW-FAT OR DAIRY FREE PRODUCTS

USE WHOLE GRAIN BREAD AND PASTA

ADD 1 FRUIT AND 1 VEGETABLE TO EACH MEAL

DRINK A GLASS OF WATER WITH EVERY MEAL

DID YOU KNOW?

Pumpkin seeds are high in zinc, which helps to regulate the activity of skin oil glands and helps wound healing!

Healthy Skin Avocado Salad

Ingredients:

1.) 1 avocado (peeled, pitted and diced)

2.) ½ sweet onion (chopped)

3.) ½ large ripe tomato (chopped)

4.) Salt and pepper to taste

5.) ¼ cup pumpkin seeds

6.) ½ green bell pepper (chopped)

Recipe adapted from: John Lynn

Directions:

1.) In a medium bowl, combine avocado, onion, bell pepper, tomato, and pumpkin seeds. Toss gently.

2.) Season with salt and pepper.

In this recipe, the avocado protects the skin from environmental damages, and helps keep the skin strong and healthy. The bell pepper keeps the skin firm and strong. The tomato protects the skin from the sun and helps prevent wrinkling.

