



SKIN HEALTH **SCIENCE** FROM THE INSIDE OUT

As we age, our skin changes. Nourishing your body and its largest organ – your skin – can promote healthy aging. Use these tips to help keep your skin smooth and radiant and improve overall health as you age.



Eat Healthy Foods



Stay Hydrated



Manage Stress



Quit Smoking



Use Sunscreen



Prioritize Sleep

SEVERAL NUTRIENTS ARE CONSIDERED POWERHOUSES FOR HEALTHY SKIN—INCLUDING VITAMINS C AND E, AND NIACIN.

One-third of an avocado provides:

- **4%** of the daily **vitamin C** needs and
- **6%** of the daily **vitamin E** and **niacin** needed.

DID YOU KNOW?

In addition to telltale aging signs, such as wrinkles, age spots, and dryness, aging skin takes longer to heal. That's because aging skin repairs itself more slowly than younger skin. All the more reason to bring on the vitamins associated with skin health!



DRINK UP & DISH OUT FRESH AVOCADOS

Focus on healthy aging by enjoying the nutrients and flavor of fresh avocado in your daily drinks and dishes. Maintaining adequate hydration and consuming nutritious meals and snacks can support skin health no matter your age.

Science shows the benefits of sipping and savoring healthy choices over the course of the day to help you glow from the inside out. Researchers are studying how hydration affects skin health. In one clinical study with 49 healthy women, drinking more water each day improved surface and deep hydration of the skin.^{1*}

SIPPING WATER THROUGHOUT THE DAY AND EATING FOODS THAT PROVIDE WATER ARE CRITICAL.



Avocados are mostly water – in fact, 72% of an avocado's weight is water!

Emerging research shows that fresh avocado may improve skin health. In a clinical study of 39 healthy women aged 27-73 years, researchers found that those who consumed one avocado each day for eight weeks had firmer skin on their forehead compared to when they started the study.

The avocado group also had improvements in the elasticity of skin on the forehead.

The research, funded by the Avocado Nutrition Center, suggests dietary intervention with avocados to improve skin elasticity and firmness may be a useful strategy for healthy skin.^{2,*}

Reference:

1. Palma et al. Dietary Water Affects Human Skin Hydration and Biomechanics. *Clinical, Cosmetic, and Investigational Dermatology*. 2015; 8: 413-421.
2. Henning et al. Avocado Consumption Increased Skin Elasticity and Firmness in Women. *Journal of Cosmetic Dermatology*. 2022.

* As with all research, conclusions from a single study cannot be generalized to all populations.



DELICIOUS WAYS TO EAT & DRINK FRESH AVOCADO

Cut up or blend avocados to **add water** and **essential vitamins and minerals** that **support skin health** to drinks, snacks, and main dishes.



Avocado & Mango Kick-Starter Smoothie



Avocado, Black Bean and Corn Salsa



Fettucine AvoFredo

Find more flavorful ways to enjoy avocado at
www.loveonetoday.com/recipes