

Foods that help

Acne

What to eat

Bright red and orange fruits and vegetables have beta-carotene, which your body converts to oil-reducing vitamin A, explains **L.A. dermatologist Howard Murad**. Green leafy vegetables contain vitamin B₆, which minimizes swelling, so pimples are reduced, he adds.



Wrinkles

What to eat

Fruits rich in color (such as berries) have vitamin C to promote anti-aging, skin-firming collagen and antioxidants. Orange seafoods, like salmon and lobster, contain astaxanthin, an antioxidant stronger than vitamins C and E, says **N.Y.C. dermatologist Nicholas Perricone**.



Dry Skin

What to eat

Drink lots of water and eat foods with good fats (which keep cell walls strong and prevent water loss), like avocado and olive oil, as well as citrus and kiwi (the potassium they contain regulates the body's water levels). Cabbage has sulfur, which can prevent dry, irritated skin.



Rosacea

What to eat

A symptom of inflammation in the body, chronic rosacea can be managed by eating calming foods such as fish, cucumbers and licorice. Turmeric seasoning, which gives curried dishes their marigold hue, is high in curcumin, a powerful antioxidant and anti-inflammatory.



What to avoid

Iodine-rich salt, shrimp and seaweed stimulate oil glands, inducing irritation of pores. And although pure chocolate won't cause acne, the sugar in desserts (along with dairy and refined flour) can, says **Miami dermatologist Leslie Baumann**.

What to avoid

Perricone says to balance sugar intake (which can harden collagen and lead to sagging) with cinnamon (1/8 tsp can lower the sugar in your blood for two weeks). Avoid taking too much iron; high doses can contribute to wrinkles, says Baumann.

What to avoid

Drinks like coffee and black tea dehydrate your internal tissues and skin. Also, margarine and most fried foods contain trans fats and hydrogenated oils, "which can deplete levels of good fats and lead to dry skin," says **N.Y.C. dietitian Esther Blum**.

What to avoid

Hot foods (in temperature and spiciness), alcohol and caffeine make blood vessels swell so skin looks redder, says **N.Y.C. dermatologist Neil Sadick**. Niacin-rich peanuts can also increase flushing, adds **Miami dermatologist Fredric Brandt**.