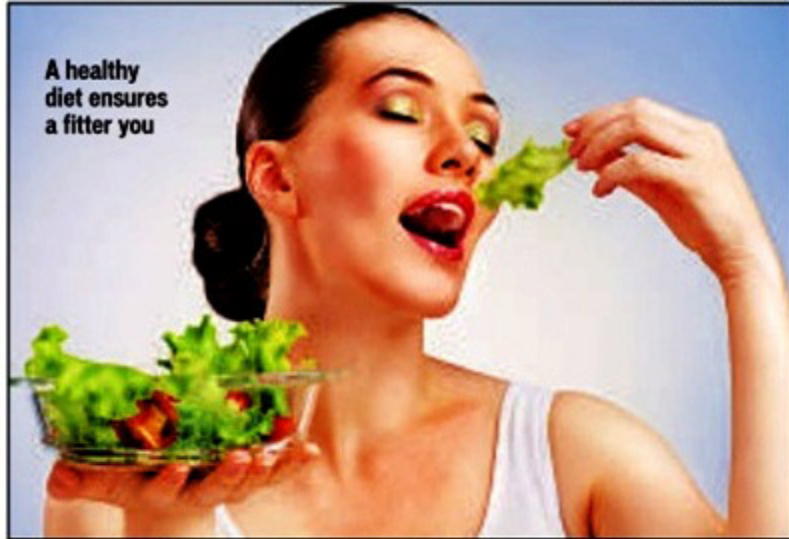


A healthy diet ensures a fitter you



Vitamins, for a fitter you

Vitamin A: found in whole milk, butter, yellow and dark green leaf vegetables repairs skin tissues, says Dr Nupur Krishnan

Fatty acids: Without adequate essential fatty acids like omega 3 and omega 6 found in fish and nut oils, the skin produces an irritating form of sebum, which can cause white and black heads.

Vitamin K: found in banana, kiwi fruit, egg and soy products, reduces circles under the eyes

Vitamin B12: present in chicken, fish, egg and milk prevents hair loss

Health on a platter



Shara Ashraf

shara.ashraf@hindustantimes.com

When your grandmom told you that yogurt helps get rid of those damned zits and gives a radiant glow, you thought she was kidding. New researches indicate multiple skin and health benefits of many food items.

"What you eat is more important than what you apply on your skin but sadly we don't realise this. A nutritious diet clears up your complexion and slows down the body's ageing process," says nutritionist Dr Nupur Krishnan.

So, if the idea of trying a beauty diet and seeing the results for yourself excites you, read on to find what an ideal beauty platter must have:

Fruits and veggies are superfoods that can give you great health and glowing skin

Carrot: Vitamin A in the form of beta-carotene in carrots, acts as a natural antioxidant and slows down ageing by scavenging on free radicals that cause eczema, dermatitis, and wrinkles. Carrot also fights sun damage. Vitamin C in carrots helps in collagen production that is an essential protein for skin elasticity," says nutritionist Dr Simran Saini.

Yoghurt: It's loaded with lactic acid, Vitamin B Complex and enzymes that soothe, soften, and hydrate the skin. "It also contains good bacteria that aid in digestion. Have it regularly to remove pigmentation, and for shiny, strong and dandruff free hair," says beauty expert Blossom Kochhar.

Garlic: Sulphur I present in garlic is a natural antibiotic. "Garlic treats and heals acne, helps reduce oiliness and redness from the face and leaves skin healthy, clean and refreshed," says Dr Saini.

Milk and Honey: Research shows that milk and honey together, have higher activity on staphylococcus bacteria than milk or honey taken alone. "Honey added to warm milk has anti-bacterial properties,"

says Dr Saini.

Coconut water: It hydrates the skin, helps in weight loss, helps in treating acne, blackheads and removing pigmentation. "Since it regulates the functioning of the intestine, coconut water is great for clarifying your skin," says Kochhar.

Tomato: It is loaded with minerals and contains a good amount of Vitamin E, protein and dietary fibre. It also has lycopene — the phytochemical that imparts the red colour. Thus, "Eating tomatoes, protects you against infections" says Dr Krishnan.

Orange: Oranges aid digestion, detoxification and blood circulation. They contain phytonutrients and vitamin C, which produces collagen that improves your skin's elasticity.

Mango: Stop blaming mangoes for your acne, say experts. "Mangoes come loaded with vitamins, minerals and anti-oxidants that are excellent for your skin. Eating mangoes regularly can brighten up your complexion," says Dr Krishnan.



Yogurt is loaded with lactic acid