

Bright Smile Beautiful You

What's News



The Beauty Nutrition Makeover

BY: Jackie Newgent

Most of us have a pretty good idea which foods we should eat to make us healthy on the inside (even if we don't always eat them). But what if your insides are working pretty good, and you'd like to focus a bit more on the outside?

Says Lisa Drayer, a registered dietician and the author of *The Beauty Diet*: "The best route to outward beauty is not what you put on the outside; it's what you put *in* your body."

So savor these top diet recommendations for gorgeous hair, teeth, skin and eyes.

Shiny, Strong Hair

Beans, dried fruits and -- if you're a meat eater -- lean red meats (especially if grass-fed) are rich in iron, which can strengthen hair. A lack of sufficient iron can contribute to the development of dry, brittle hair or even the loss of hair. Also plan to enjoy oysters, dark-meat poultry, or crab for their zinc, which helps keep your scalp and hair healthy.

Healthy Teeth

There's a reason we say "Cheese!" Low-fat milk and yogurt are excellent sources of calcium and phosphorus. "When coupled together, they may help keep teeth cavity-free," says Drayer. Another hint: Stick to beverages that won't stain your teeth, like water, tea and white wine.

Soft Skin

Get glowing with fruits and veggies that are packed with vitamin C, such as kiwi, grapefruit and bell peppers. The powerful antioxidant battles fine lines and stimulates collagen synthesis.

Additionally, Drayer suggests that omega-3 fats in fish, like wild salmon, can play a key role in keeping skin soft and smooth *and* protecting against inflammation that can lead to acne.

Bright Eyes

Getting sufficient sleep is the key to making your eyes sparkle. Following restless nights, whip up dishes that include spinach, kale or egg yolks. Rich in the carotenoid lutein, these foods help filter UV light and brighten eyes. Toss in some orange-toned, beta-carotene-filled food (carrots, apricots, sweet potatoes) and you'll see a little more clearly.

Tags: [beautiful smile](#) , [beautiful teeth](#) , [beauty tips](#) , [health](#) , [skin](#)



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