

Nutrition News And Notes

The Recipe For Healthy Skin

(NAPSA)—People know that the foods they eat can affect their waistline, but many might not know how their diet affects their complexion and how their skin ages.

A recent study in *The Journal of Nutrition** reports that including antioxidants—certain types of nutrients found in a variety of foods—in your diet is crucial to maintaining healthy skin. Experts say that, when consumed, these antioxidants neutralize damaging free radicals in the environment and may help prevent certain types of cell damage from the inside out. Indeed, Robin Miller, host of Food Network's "Quick Fix Meals," says choosing the right foods could be the recipe for great skin.

"As a chef and nutritionist, I'm a believer in antioxidants, which help us maintain a healthy body and healthy skin," she says. Miller offers this list to keep in mind the next time you hit the grocery store:

Antioxidant Shopping List

- Pomegranate—The fruit's antioxidants are known to help repair sun damage and prevent signs of aging.

- Green Tea—The tea's antioxidants are known to help provide UV protection.

- Olive Oil—Olive leaf extract is a natural antioxidant that nourishes, protects and softens the skin.

- Citrus—Citric acid, an antioxidant and natural skin astringent, helps rejuvenate photoaged skin.

But antioxidants aren't just found in foods—they are also found in beneficial skin care products. Board-certified dermatologist Dr. Jeanine Downie says, "I recommend my patients use a topical antioxidant as part of their daily skin care



There are a number of recipes that nutritionists say are good for the palate and the complexion.

regimen.

"To help create healthy skin from the inside out and outside in," she says, "eat foods rich in antioxidants and use antioxidant skin care." Dr. Downie recommends VIVITÉ®, an advanced skin care line available at skin care physicians' offices, which includes a daily antioxidant facial serum, as well as products ranging from a daily facial moisturizer with SPF 30 to a night renewal cream. The entire line was designed specifically to help revitalize and shield skin and to help reduce the signs of aging with a specialized blend of powerful, natural antioxidants and hydrating glycolic acid.

Miller is helping to spread the word about the correlation between nutrition and great-looking skin.

"A good rule of thumb is that the healthier the foods you consume and the healthier your lifestyle, the healthier your skin will look," says Miller. She offers

this healthy-skin recipe:

Green Tea Poached Salmon With Sesame-Soy Drizzle

(Serves 4)

- 4 tea bags green tea
- 1 tablespoon chopped fresh ginger
- 2 cloves garlic, chopped
- 4 salmon fillets or steaks (about 5 ounces each)
- 3 tablespoons reduced sodium soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon Dijon mustard
- Salt and ground black pepper
- Chopped fresh basil for garnish, optional

Combine tea bags, 4 cups of water, ginger and garlic in a large saucepan. Set pan over high heat and bring to a boil. Reduce heat to medium and bring to a simmer. Add salmon to simmering liquid and cook 10 minutes, until fish is fork tender. Meanwhile, in a small bowl, whisk together soy sauce, sesame oil and Dijon mustard. Transfer salmon to a serving platter, arranging bits of ginger and garlic over top. Season the top of fish with salt and pepper. Drizzle sesame soy mixture over top and garnish with basil if desired.

Note: For a splash of green color and added nutrition, add 1 cup snap peas to simmering liquid (with the salmon) for the last minute of cooking and serve.

For more healthy-skin recipes and additional information, visit www.VIVITESkinCare.com.

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*Heinrich U, et al. Long-Term Ingestion of High Flavanol Cocoa Provides Photoprotection against UV-Induced Erythema and Improves Skin Condition in Women. *Journal of Nutrition*. 2006. 136: 1565–1569.