



BUSTLE

7 Foods That Help Dry Skin, So You Can Moisturize From The Inside Out

By CARINA WOLFF. June 13, 2019



2. Nuts

Nuts are the healthy snacks that are recommended as excellent sources of proteins and nutrients, but they're also great for preventing dry skin. Board-certified dermatologist and celebrity beauty expert **Dr. Anna Guanche**, tells Bustle, "Nuts provide natural oils, which can be used as building blocks for components of the skin barrier, and enrich the sebum, or natural skin oils. They are packed with vitamins and oils that benefit skin health."

Nuts are also rich in vitamin E, which has long been touted as a skincare savior. Vitamin E protects the skin from oxidative cell damage, and like omega-3 fatty acids, protects the skin barrier from external damage such as UV rays. The vitamin E found in nuts can also be used to help ease itchy, irritated skin and eczema.

4. Sweet Potato

These delicious vegetables contain an abundance of vitamin A, one of the most important nutrients for preventing dry skin. These antioxidants help repair tissue damage and help keep skin healthy. Sweet potatoes are sometimes called moisturizers because of their ability to heal skin and help it retain moisture — a 2007 study in the American Journal of Clinical Nutrition found that people who consumed half a sweet potato daily for three years saw an improvement in their skin by 11%. Guanche says, "Sweet potatoes are packed with antioxidants such as beta carotene, which can turn into vitamin A in the body. Vitamin A helps build collagen and gives skin a supple appearance, just like Retin-A. Vitamin A deficiency can lead to dry, sallow-appearing skin, so eating a lot of sweet potatoes can help."



Oysters are not just aphrodisiacs — they can hydrate your skin! Guanche says, “The omega fatty acids in oysters (and in all seafood) can help skin build natural oils. However, and most importantly, oysters are full of the nutrient Zinc, which helps aid the immune system, repair the skin and build collagen. Oysters also contain iron, which aids in many important skin processes.” Zinc is also a key mineral in repairing other skin issues like inflammation, acne, and scarring. Other foods high in zinc include beef, beans, and wheat germ.

6. Olive Oil

Olive oil contains vitamin E, monounsaturated fats, and omega-3 fatty acids, making it a nutritional powerhouse when it comes to your skin. This heart-healthy oil can help protect your skin from UV rays and protect from skin conditions such as dryness and eczema.

Guanche says that consuming olive oil can be beneficial to your skin. “Olive oil can help with dry skin by providing raw materials for the sebum, or natural skin oils. We find that it is best to consume olive oil rather than slather it on your facial skin, which could lead to breakouts in acne-prone individuals,” she says. “When you eat foods containing olive oil, or cook with more olive oil, or even take a spoonful each day, it gives your body the building blocks to make more natural skin oil and moisture. It also provides the essential building blocks to maintain a healthy skin barrier and reinforces the cell membrane.” Cures for dry skin usually include oil-based moisturizers, so why not use an inexpensive, natural oil over a pricey face-cream filled with chemicals?

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