



WELLNESS CENTER

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NUTRITION FOR HEALTHY SKIN

Your skin is the largest organ of your body and is hugely important. It helps keep you protected from microbes and the elements, helps regulate body temperature, and permits sensations of touch, heat, and cold. Keeping the skin healthy requires some attention to your diet. Drinking enough water, maintaining a balanced diet and including some specific nutrient-dense foods all can help keep your skin healthy.

Tips for maintaining healthy skin:

- Drink adequate water. Make sure to get *at least* 68 oz of water per day. Fluid needs vary also by age, food intake, activity levels, and weather.
- Eat at least 3 servings of vegetables and 2 servings of fruit per day
 - 1 serving of vegetable is defined as: 1 cup of raw leafy vegetables (i.e. spinach or lettuce), ½ cup fresh, frozen, or canned vegetables, or ½ cup vegetable juice
 - 1 serving of fruit is defined as: 1 medium fruit (about the size of a fist), ½ cup fresh, frozen, or canned fruit, ¼ cup dried fruit, or ¼ cup 100% fruit juice
- Make at least half of your grains whole. Swap out refined grains for high fiber carbs whenever possible. Examples of high fiber carbs include brown rice, quinoa, oats, barley, farro, whole wheat bread/pasta/cereal, legumes, and beans.
- Replace some protein sources with soy options. For example, make a stir-fry with tofu, eat edamame as a snack, or swap out cow's milk for soy milk.
- Make sure to that 20-35% of your total calorie intake is coming from healthy fats. If you eat 2,000 calories per day, this would be about 44-70 grams of fat. Strive to eat fat sources high in omega-3s. Some examples are oily fish (salmon, mackerel, anchovies, and trout), avocado, mussels/oysters, nuts and seeds, and plant oils (flaxseed, soybean, canola oil).
- Limit simple sugars like those found in sweets, candy, baked goods, and sugar sweetened beverages.

Specific nutrients to pay attention to:

- Vitamin C: Get at least 90 mg vitamin C per day. Sources of vitamin C include: bell peppers, broccoli, kiwi, guava, citrus, tomatoes, sweet potatoes, snow peas, kale, papaya, berries
- Selenium: Eat at least 55 mcg Selenium per day
 - 1 oz Brazil nuts= 544 mcg
 - 3 oz tuna= 92 mcg
 - 3 oz halibut fish= 47 mcg
 - 1 cup cooked brown rice= 19 mcg
 - 1 egg= 15 mcg
- Vitamin E: Get at least 15 mg of vitamin D per day. Sources include: vegetable oils, nuts, sunflower seeds, green leafy vegetables, and fortified breakfast cereals
- Some people may also find that dairy causes inflammation. If you notice that you are intolerant to dairy, try to eliminate slowly over time. Make sure to get enough calcium through other non-dairy food sources, such as nuts, seeds, canned fish, beans, lentils, tofu, leafy greens, and fortified non-dairy milks.

If you have any questions or concerns, call Dial-A-Nurse (773) 508-8883.