**The anti-wrinkle diet**

Can your patients eat their way to healthier, more beautiful skin?

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**EAT this**

- 2/3 CUP CARROTS (Vitamin A/beta carotene)
- 1 RAW TOMATO DAILY (Vitamin C)
- 1/2 RAW AVOCADO, OLIVE OIL (Vitamin E)
- 1 SLICE WATERMELON (lutein/zeaxanthin)
- 1 RAW APPLE WITH SKIN (Combination phytochemicals)
- 1 CUP FRESH OR ½ CUP DRIED BLUEBERRIES (antioxidant blend)
- FISH, CHICKEN, YOGURT, CHEESE (protein sources)

**TAKE this**

- VITAMIN D (2000 IU)
- 1000 MG FLAXSEED OIL 1-2x per day
- MULTIVITAMIN WITH MINERALS

**AVOID this**

- BUTTER, WHOLE MILK
- MARGARINE
- RED MEAT, PROCESSED MEAT
- POTATOES
- SUGAR
- SOFT DRINKS

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Dr. Zoe Draelos, M.D., offered skin care guidance at 2019 AAD for what to eat and how to supplement in her presentation, “Nutraceuticals: Is it Possible to Eat Your Way to Skin Health?” This is what she had to say:

**Dr. Zoe Diana Draelos**

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