

# The anti-wrinkle diet

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

**T** 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**

*Dr. Draelos is a consulting professor of dermatology, Duke University School of Medicine, Durham, N.C.*

## EAT *this*

▶ **2/3 CUP CARROTS**  
(Vitamin A/  
beta carotene)



▶ **1 RAW TOMATO DAILY**  
(Vitamin C)



▶ **1/2 RAW AVOCADO, OLIVE OIL**  
(Vitamin E)



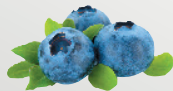
▶ **1 SLICE WATERMELON**  
(lutein/zeaxanthin)



▶ **1 RAW APPLE WITH SKIN**  
(Combination  
phytochemicals)



▶ **1 CUP FRESH OR 1/2 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**

