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EAT YOUR WAY TO BEAUTIFUL SKIN

As well as your beauty regimen, great skin comes from what you eat. Erica Angyal, author of *Gorgeous Skin In 30 Days* (Lothian Books, \$29.95), explains which foods will get you glowing this winter.

Fish Deep-water mackerel, salmon and sardines are full of essential fatty acids that hydrate skin from the inside out. Eat it grilled, steamed or stir-fried.

Orange vegies The beta-carotene in carrots, sweet potato and pumpkin is turned into skin-smoothing vitamin A. Eat them roasted, steamed or grilled and drizzled with olive oil to aid digestion.

Olive oil Packed with good fats and antioxidants, cold-pressed (extra virgin) olive oil is key to skin-friendly diets. Enjoy over cooked vegies and salads.

Raw nuts Pecans, almonds and walnuts contain good fats, protein and micronutrients to boost skin renewal. Eat as a snack or throw them in a stir-fry.

Flaxseeds and flaxseed oil Flaxseeds (aka linseeds) are packed with skin-hydrating omega-3 and omega-6 essential fatty acids. Eat with muesli, smoothies, fresh fruit or vegies. Don't heat cold-pressed flaxseed oil – its nutrients will be depleted.

Wholegrains, beans and legumes Full of fibre, vitamins, protein and antioxidants, these ingredients keep skin smooth and soft. Eat in soups, salads or casseroles.

Dark green leafy vegies These are nutrient powerhouses for skin, packed with vitamins C and K (helps bone formation and repair), minerals and antioxidants. Eat in stir-fries, steamed or in salads.

Fruit Berries, citrus fruit, kiwifruit, rockmelon and apples contain lots of antioxidants. Eat in smoothies, stewed or baked.

Chocolate Cocoa has more antioxidants per gram than green tea or red wine. Ensure your next block has 70 per cent cocoa and you'll be boosting your skin.

< skin-smoothing moisturisers

bargain to splurge

1. Nivea Nourishing Care Lotion, **\$4.43**
2. Johnson's Body Cream With Shea Butter, **\$6.99**
3. L'Oréal Body Expertise Nutrilift 24-hour Anti-dryness Moisturiser, **\$12.35**
4. Pure Fiji Coconut Infusion Body Butter, **\$42.90**
5. L'Occitane Shea Butter Body Lotion, **\$49.95**