

Nutrition For A Youthful New You!

Eating a healthy nutritional diet is an integral part of our facial success. Eating an unhealthy diet, such as one high in fat, salt, or sugary foods, will not give us the nutrients to build muscle effectively nor will it enable us to generate the energy and enthusiasm that is necessary if we are going to change our facial contours. Here are some very basic dietary guidelines to follow in order to keep or restore your youthful, healthy-looking skin.

**Eat three meals daily, evenly spaced throughout the day.
Two snacks per day, one mid-afternoon/one between dinner and bed.
Remember to drink 6 to 8 glasses of water per day!**

You should eat one or two portions of good quality protein each day. Choose fish, lean beef, chicken, turkey or eggs. Protein is needed for growth and repair of the connective tissues in the skin. Always eat your protein first!

Recommended Proteins: Salmon (highly recommended, choose wild salmon if possible), Albacore Tuna, Halibut, Mackerel, Trout, Skinless Chicken Breast, Turkey Breast, Eggs, Whole Milk Yogurt, Parmesan and Romano Cheeses.

Recommended Vegetables: Arugula, Asparagus, Avocado, Broccoli, Brussels Sprouts, Cauliflower, Celery, Eggplant, Garlic, Fresh Ginger, Mushrooms, Onions, Peppers, Romaine Lettuce, Spinach, Tomatoes, and Zucchini.

Recommended Fruits: Apples, Berries, Cantaloupe, Cherries, Honeydew Melon, Kiwi Fruit, Pears, Peaches, and Plums.

Recommended Snacks: Almonds, Green and Black Olives, Hazelnuts, Macadamia Nuts, Protein Bars, and Walnuts.

Recommended Beverages: Spring Water, Green or Black Tea, Fresh Fruit Juices, Freshly Squeezed Wheatgrass Juice. It is critical that coffee be completely eliminated from the diet. Coffee raises cortisol and insulin levels.

Lastly, you should use caution when seasoning foods with salt. Salt creates water retention which can make your face and body appear puffy. Substitute herbs and spices in place of salt for flavoring, whenever possible.