Beauty From the Inside Out

What to eat for healthy hair, skin and nails

March 12, 2012 By Janna Leyde

Certain vitamin-rich foods can give you the same health benefits that many bottled beauty elixirs promise—but usually at a cheaper price (and with a better taste)!

“To start, look for foods rich in antioxidants and containing selenium, zinc, omega-3s and vitamins C, E and A,” says Mary Hawkins, a registered dietitian with OhioHealth. “They help support the growth of healthy hair and nails and keep skin looking great.”

Want more? Keri Gans, RD, and author of *The Small Change Diet*, divulges four delicious snacks guaranteed to promote health on the inside and beauty on the outside.

Brazil nuts: These savory crunchies are rich in selenium, a mineral that’s key for thick, shiny hair.

Lentil soup: A small serving is packed with biotin, a vitamin that banishes dry skin and brittle nails.

Strawberries: These juicy red berries are bursting with powerful antioxidants that fight wrinkles, destroy free radicals and promote skin’s healthy glow.

Walnuts: Of all the nuts, this flavorful favorite boasts the most omega-3 fatty acids, which support scalp health and keep tresses strong.

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