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Premature Aging Could Be
Caused By *These* Diet Mistakes



Your diet and the appearance of your complexion are intricately linked, and with that, the ease of which you age can be heavily influenced by what you're eating. Just as greasy foods can cause breakouts and not drinking enough water can lead to dehydrated skin, certain diet mistakes can make you more prone to premature aging, expediting the development of fine lines and wrinkles. **If you're worried your diet may be worsening the condition of your skin, we checked in with Dr. Michael Horn, Board Certified Plastic Surgeon to get a rundown on the most significant mistakes you could make when it comes to tailoring your diet to improve your overall health.**

Lack Of Antioxidants

Antioxidants are essential for protecting the outer barrier of the skin from free radical damage, and failing to eat enough antioxidants within your diet may be putting your skin at risk. "Antioxidants are found in foods such as blueberries and help to boost the metabolism but are also essential for warding off free radicals that age the skin," notes Horn. "A diet lacking in these will cause your skin to age prematurely if the ratio of free radicals to antioxidants is higher. The skin barrier will weaken due to a lack of collagen and elastin that give the skin structure and definition," he adds.

Too Much Sugar

It's no secret that sugar is one of the biggest culprits for weight gain, but it can also have some significant implications on your appearance as well. "Skin is

made of elastin and collagen, and when it is plentiful, skin is soft and supple. Sugar causes the skin to stiffen and lose elasticity,” explains Horn. Not only this, but sugar can also cause inflammation in the skin, as well as creating an unhealthy gut microbiome which he notes may also lead to premature aging. While you don’t necessarily need to entirely remove sugar from your diet, keeping it to a minimum will certainly benefit your skin in the long run.

Skipping Fish

Although eating fish daily can have its own selection of negative effects on the body, completely cutting fish out of your diet will leave you lacking in vital nutrients which would help to bolster your skin’s health. “Without enough fish (2-3) times per week, your skin misses rich sources of omega-3 fatty acids. These keep skin supple, thick and hydrated,” explains Horn. “Fatty fish also has vitamin E which is an antioxidant and essential for skin health and appearance.”

Not Enough Fruit

Maintaining a colorful diet is essential for a slew of health benefits, but not getting enough fruit will leave your skin at risk for damage and premature aging as well. “Fruits high in vitamin C such as kiwi, oranges and berries curb sugar cravings and help flush toxins from your body due to their antioxidants,” says Horn. “Vitamin C is required for the synthesis of collagen, which is a type of protein essential for keeping your skin youthful, firm and elastic.”

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