

**FOX NEWS**

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## 10 Foods That Can Help You Get Amazing Skin

By Stephanie Nolasco, July 26, 2013



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**D**reaming of having a flawless face that requires little to no makeup? You may want to change your diet.

When it comes to getting great skin, doctors say eating foods that can promote a gorgeous glow is just as important as getting a good night's sleep.



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While there's no overnight cure for blemish-free features, there are 10 specific ingredients that you need in your overall diet to improve your skin's appearance.

Want to let your inner beauty shine through? Find out how you can eat your way to gorgeous skin now:



*(Thinkstock)*

**SALMON**

Some medical experts love **salmon** for its ability to enhance smooth skin. "Omega 3 fatty acids are important because your body does not produce it," says **Dr. Stafford R. Broumand**, New York-based plastic surgeon and associate clinical professor of plastic surgery at the Mount Sinai Medical Center. "Fish is a great source of omega 3 fatty acid because it aids in the functioning of different types of cells in the body, including the skin. Healthy fats help to support the production and building of elastin and collagen, which in turn will help maintain supple, youthful-looking skin."