



# 10 Top Beauty Secrets Revealed

Below is a list of ten top tips to keep you beautiful, naturally!

1

## Hydrate

Drink plenty of water and minimize alcohol to keep skin hydrated and looking fresh.

2

## Eat Good Fats

Replace unhealthy fats with good fats, like those found in salmon and almonds. They may prevent wrinkles by reducing inflammation.

3

## Get Active

Aim for at least 30 minutes of exercise per day to help reverse skin aging.

4

## Shun Sugar

Cut back on refined sugar—too much can harm skin's elasticity resulting in wrinkles. Choose naturally sweet fruit in its place.

5

## Sleep Like a Beauty

Set a bedtime and stick to it. Sleep allows your body to repair and renew cells damaged during the day.

6

## Eat Orange

Choose vegetables high in beta-carotene such as carrots, sweet potatoes and butternut squash to help protect skin from sun damage and to achieve a glowing complexion.

7

## Maintain Healthy Weight

Achieve a healthy weight through diet and exercise—obesity may accelerate the aging process.

8

## Color Your Plate

Include a variety of fruits and vegetables in your diet. What you eat determines how you look and produce is filled with nutrients to keep you young inside and out.

9

## Don't Smoke

Don't smoke—it's that simple. Smoking damages skin all over the body and has several health consequences.

10

## Smile

Keep on smiling! Research found people viewed smiling faces as two years younger than non-smilers.



Get Healthy! Collect all 10 of the series!

Brought to you by the Dole Nutrition Institute.

Your partner in healthy living.