



ALTER NUTRITION & HEALTH

GLOW SNACKS



Skin Nutrition

Cheat Sheet

Antioxidants / Polyphenols

Antioxidants are compounds that protect cells from damage caused by free radicals, unstable molecules that can damage cells and contribute to aging and disease. Polyphenols are a large group of plant-derived compounds that often function as antioxidants and help neutralize oxidative stress in the body.

In relation to skin health, antioxidants may help protect skin cells from oxidative damage caused by ultraviolet (UV) radiation and environmental stressors, which contributes to skin aging and inflammation.

Healthy Fats

Healthy fats generally refer to unsaturated fats, including monounsaturated and polyunsaturated fatty acids, that support important physiological functions such as energy storage, nutrient absorption, and cell membrane structure.

Healthy fats also support skin health by helping maintain the skin barrier, preserving hydration, and supporting the structure of skin cells.

Probiotics/Gut-Skin Axis

Probiotics are live microorganisms that, when consumed in adequate amounts, provide health benefits to the host, particularly by helping maintain a balanced gut microbiome.

The gut-skin axis describes the biological relationship between the gut microbiome and skin health, where gut microbial balance influences inflammation, immune responses, and skin conditions such as acne, eczema, and psoriasis.

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Vitamin A / Beta-Carotene

Vitamin A is a fat-soluble vitamin essential for vision, immune function, reproduction, and cellular growth and differentiation. Beta-carotene is a carotenoid found in plant foods that acts as a provitamin A, meaning the body can convert it into active vitamin A.

Vitamin A contributes to skin health by supporting normal skin cell growth and repair and helping maintain the integrity of epithelial tissues.

Vitamin C

Vitamin C (ascorbic acid) is a water-soluble vitamin that functions as an antioxidant and is required for collagen synthesis, wound healing, and immune function. Humans cannot synthesize vitamin C and must obtain it through dietary sources.

Vitamin C also plays an important role in skin health because collagen production supports skin structure and elasticity, and its antioxidant properties help protect skin cells from oxidative damage.

Vitamin E

Vitamin E is a fat-soluble nutrient that functions as an antioxidant, helping protect cell membranes from oxidative damage caused by free radicals.

In skin health, vitamin E helps protect skin cells from oxidative stress and ultraviolet (UV) damage and contributes to maintaining the skin barrier.

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Omega-3 Fatty Acids

Omega-3 fatty acids are polyunsaturated fats that perform important functions in the body and are considered essential nutrients because the body cannot produce enough of them on its own. They must therefore be obtained through dietary sources and are important components of cell membranes, helping cells function properly throughout the body.

Omega-3 fatty acids may also support skin health by helping regulate inflammation, improving skin barrier function, and increasing skin hydration, which may help reduce dryness, redness, and inflammatory skin conditions.

Zinc

Zinc is an essential trace mineral required for many biological processes in the body, including immune function, DNA and protein synthesis, growth and development, and wound healing. Zinc is found in cells throughout the body and must be obtained through the diet because the body cannot produce or store large amounts of it.

Zinc also contributes to skin health by supporting wound healing, cell growth, and immune responses that help maintain skin integrity and repair damaged tissue. Adequate zinc levels are important for normal skin structure and recovery from skin injury or inflammation.

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Blueberry Almond Glow Bowl

Skin Benefits: antioxidants & Vitamin E for skin protection

Ingredients:

- $\frac{3}{4}$ cup Greek yogurt
- $\frac{1}{2}$ cup blueberries
- 1 tbsp sliced almonds
- 1 tsp honey
- Sprinkle cinnamon



Mango Coconut Smoothie

Skin benefits: vitamin C & hydration

Ingredients:

- ½ cup frozen mango
- ¾ cup coconut milk
- 1 tbsp chia seeds
- Squeeze of lime
- Handful of spinach



Dark Chocolate Berry Glow Bites

Skin benefits: polyphenols &
healthy fats

Ingredients:

- Fresh raspberries or strawberries
- Drizzle melted dark chocolate
- Sprinkle crushed pistachios

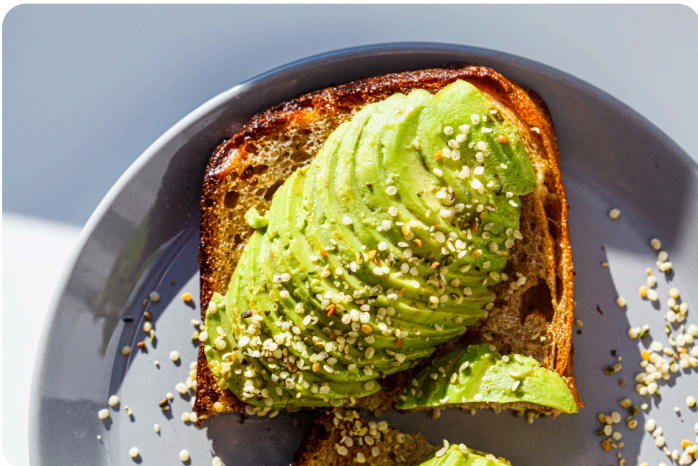


Avocado Glow Toast

Skin benefits: healthy fats support
the skin barrier

Ingredients:

- Whole grain toast (1-2 pieces)
- ½ mashed avocado
- Sprinkle of hemp seeds
- Lemon zest and spritz of lemon juice
- Pinch salt



Strawberry Chia Pudding

Skin benefits: omega-3 fats &
antioxidants

Ingredients:

- 2 tbsp chia seeds
- ½ cup almond milk
- ½ cup strawberries
- Drizzle maple syrup

Let sit 10-15 minutes or overnight



Coconut Glow Energy Balls

Skin benefits: healthy fats & minerals
(magnesium, zinc, iron, copper, selenium)

Ingredients:

- 1 cup oats
- ¼ cup almond butter
- 2 tbsp shredded coconut
- 1 tbsp chia seeds
- 1-2 tbsp maple syrup

Roll into balls and chill

