

THE COLOR CURE · WARRIOR EDITION

Top 10 Foods for a *Healthy Glow*

A NUTRIENT-PACKED GUIDE TO RADIANT, RESILIENT SKIN

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Top 10 Foods for a Healthy Glow

Skin defense starts from the inside. Supporting your skin's defenses requires an **antioxidant-rich diet** that neutralizes free radicals caused by ultraviolet exposure. Research published in the *Journal of the American Academy of Dermatology* shows that increasing fruit and vegetable intake over six weeks can produce a noticeable improvement in skin color, texture, and glow — proof of the link between nutrition and skin health.

Eat these foods regularly to boost your skin's natural resilience, protect against environmental stressors, and get that healthy glow.

01 BELL PEPPERS

Loaded with carotenoids, they improve blood circulation in the skin and can slow the aging process. Vitamin C, crucial for collagen production, helps keep skin firm.

02 GREEN LEAFY VEGETABLES (kale, Swiss chard)

High in lutein and betalain — potent antioxidants — plus alpha-lipoic acid and chlorophyll, a powerful natural detoxifier for the skin. Rich in vitamin A, which helps maintain an even skin tone.

03 BLUEBERRIES & BLACKBERRIES

Uniquely beneficial and rich in powerful, dark blue anthocyanin, these berries are the kings of antioxidants that combat skin aging and enhance skin tone.

04 STRAWBERRIES & RASPBERRIES

Loaded with antioxidant polyphenols; strawberries also contain ellagic acid, another cancer-fighting antioxidant, plus vitamin C to fight free radicals and boost collagen production.

05 AVOCADOS

Improve skin elasticity and firmness — likely thanks to carotenoids, healthy fats, and vitamins E and C, which deeply nourish, strengthen, and beautify the skin.

06 GREEN TEA

Packed with polyphenols that help reduce inflammation and fight skin redness.

07 SPINACH

Rich in lutein, vitamin C, vitamin A, and antioxidants that support skin elasticity and repair.

08 NUTS & SEEDS (walnuts, almonds, chia, hemp, flax, sunflower)

High in omega-3s, omega-6, and vitamin E — these powerhouses protect against oxidative damage, help reverse wrinkles and fine lines and hyperpigmentation, and keep skin soft.

09 TOMATOES

Rich in lycopene, a carotenoid that helps reduce inflammation and redness.

10 SWEET POTATOES & CARROTS

High in beta-carotene, which helps protect the skin from sun damage.

UNLEASH YOUR INNER WARRIOR

**Color is the code.
Warrior mindset is the catalyst.
Healing is the cure.**

This guide is just the beginning. Discover the full science of how colorful, plant-rich foods heal your body system by system in *The Color Cure: Warrior Edition* — the next-generation guidebook on phytonutrients and health.

[COLORCUREWARRIOR.COM](https://colorcurewarrior.com)

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