

Fruits & Veggies for Skin Health

10 Fruits + 10 Vegetables, Colour-Coded by How They Help

Good skin starts on the plate as much as it does in a skincare routine. This guide covers 10 fruits and 10 vegetables that genuinely support skin health — through collagen support, antioxidant protection, hydration, or circulation — colour-coded by the mechanism at play, with why each one helps and how to include it in your everyday diet.

Colour Key

Vitamin C	Vitamin A	Antioxidants	Hydration	Healthy Fats	Circulation
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The 20 Foods

Fruit / Veggie	Nutrient	Why It Helps	How to Include It
1. Amla (Fruit)	Vitamin C	One of the richest natural vitamin C sources, essential for collagen production that keeps skin firm.	Eat one fresh amla, or have amla juice a few times a week.
2. Papaya (Fruit)	Vitamin A	Rich in vitamin A and papain, a natural enzyme that supports skin cell renewal.	Have a bowl as a snack, or add to your daily fruit chaat.
3. Watermelon (Fruit)	Hydration	High water content helps keep skin looking plump and hydrated from within.	A go-to snack, especially useful in hot weather.
4. Kiwi (Fruit)	Vitamin C	Contains more vitamin C than an orange, supporting collagen production and skin repair.	Eat a whole kiwi as a snack or add slices to fruit bowls.
5. Pomegranate (Fruit)	Antioxidants	Rich in antioxidants that support healthy blood circulation and help protect skin cells from damage.	Add the seeds to salads, curd, or eat as a standalone snack.
6. Oranges (Fruit)	Vitamin C	Supports collagen synthesis, helping keep skin firm and elastic.	Eat as a whole fruit rather than juice, to also get the fibre.
7. Guava (Fruit)	Vitamin C	Contains even more vitamin C gram-for-gram than most citrus fruits, supporting brighter, firmer skin.	Eat a bowl as a snack or add to fruit chaat.
8. Avocado (Fruit)	Healthy Fats	Packed with healthy fats and vitamin E, supporting skin hydration and elasticity.	Add slices to a sandwich or blend into a smoothie 2-3 times a week.
9. Blueberries (Fruit)	Antioxidants	Among the highest antioxidant content of any fruit, helping protect skin from oxidative stress.	Add a small handful to curd, oats, or smoothies a few times a week.
10. Tomato (Fruit)	Antioxidants	Contains lycopene, an antioxidant linked to better skin resilience against sun-related damage.	Cooking tomatoes actually increases lycopene availability, so use them in curries too.
11. Carrots (Veggie)	Vitamin A	Rich in beta-carotene, which the body converts to vitamin A, supporting skin cell turnover.	Eat raw, juiced, or added to poriyal a few times a week.

Fruit / Veggie	Nutrient	Why It Helps	How to Include It
12. Sweet Potato (Veggie)	Vitamin A	One of the highest vitamin A sources among root vegetables, supporting skin repair.	Swap regular potato for sweet potato a few times a week.
13. Spinach (Veggie)	Vitamin A	Rich in vitamin A and iron, supporting healthy circulation and a natural glow.	Add to dal, poriyal, or smoothies a few times a week.
14. Bell Peppers / Capsicum (Veggie)	Vitamin C	Contains more vitamin C gram-for-gram than most citrus fruits, especially the red variety.	Add raw to salads, or lightly saute to help retain the vitamin C.
15. Broccoli (Veggie)	Antioxidants	Contains sulforaphane, a unique plant compound studied for its strong antioxidant properties.	Steam lightly (avoid overcooking) and add to stir-fries.
16. Cucumber (Veggie)	Hydration	Very high water content helps keep skin hydrated and can reduce a puffy appearance.	A go-to snack or salad base, especially in hot weather.
17. Beetroot (Veggie)	Circulation	Naturally high in dietary nitrates, which support healthy blood flow that helps skin look brighter.	Add to salads, juice, or curries a couple of times a week.
18. Pumpkin (Veggie)	Vitamin A	Rich in beta-carotene, giving it one of the highest vitamin A contents among gourds.	Add to sambar, curries, or have it roasted as a side.
19. Bottle Gourd / Lauki (Veggie)	Hydration	High water content supports overall hydration, which reflects in skin appearance.	Have as juice, or cooked into curries and sabzis a few times a week.
20. Garlic (Veggie)	Antioxidants	Contains allicin, a compound with natural antimicrobial properties that may support clearer skin.	Crush or chop and let it sit 10 minutes before cooking to preserve allicin.

Note: Diet supports skin health but works gradually and alongside other factors like sleep, stress, genetics, and skincare routine. This guide is for general education, not a treatment for skin conditions. For persistent acne, pigmentation, or other skin concerns, consult a dermatologist.