



The Key to Healthy and Radiant Skin with Balanced Nutrition

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Abstract

Background: Skin and appearance are essential indicators of overall health and age. Nutrition plays a crucial role in supporting the skin's structure, function, and resistance to environmental stressors, highlighting the importance of a balanced diet in maintaining youthful and radiant skin.

Objective: This article exposes the fundamental relationship between balanced nutrition and skin health. It emphasizes how proper nutritional intake contributes to achieving and maintaining healthy skin. This study seeks to provide actionable insights into achieving radiant and healthy skin through balanced nutrition by exploring specific nutrients and their effects on skin function.

Methods: A literature review was conducted using descriptive analysis to explore the relationship between dietary habits, specific nutrients, and their impact on skin health. This method allowed the synthesis of existing research to comprehensively understand how nutrients contribute to skin elasticity, hydration, and overall skin condition.

Results: Key nutrients, such as vitamins A, E, C, and omega-3 fatty acids, are essential for maintaining skin elasticity, hydration, and protection from oxidative stress. Antioxidant-rich diets are more effective at slowing aging, preventing acne, and improving skin quality. Balanced nutrition is emerging as the cornerstone of skin health and beauty.

Conclusion: Healthy, radiant skin has much to do with a balanced diet enriched with essential nutrients. Fulfilling nutritional needs supports cell regeneration, protects the skin from damage, and maintains its natural balance so that it is not dependent solely on external treatments.

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INTRODUCTION

Almost everyone wants to get healthy, beautiful, and radiant-looking skin. Beauty is a social standard that everyone wants to achieve an ideal face, body, and skin. Achieving beauty standards is something that the majority of people crave because, by meeting these benchmarks, they believe that self-confidence can increase and that being beautiful will affect a high social status. Most of them rely on skincare or skincare products^{1,2} to achieve these standards. Now, many brands and types of skincare promise that skin will be more moisturized, bright, and problem-free. Although *skincare* is essential in keeping the skin healthy from the outside, balanced nutritional intake and nutrients are also indispensable in body and facial skin care.

A balanced diet with various foods with complete nutritional content can help the body produce collagen, improve skin texture, and speed up wound healing. Adequate protein intake is needed to support collagen and elastin formation, two essential components in maintaining skin suppleness and strength. A lack of one specific type of nutrient leads to skin problems, such as dry skin, premature aging, and inflammation.³

The results of this literature review support a research study by Changwei Cao, which shows that the skin needs several essential nutrients to function correctly. Nutrients such as vitamins, minerals, healthy fats, and antioxidants play a crucial role in the skin's regeneration process and protect it from damage.⁴

Skin problems such as dryness, scaly skin, acne, premature aging, and other skin problems can still arise if you only rely on external skincare or *skincare* products. This can happen because

nutritional intake and balanced nutrition are not considered. Skincare from the inside is also a top priority for skin health. Consuming foods rich in vitamins, minerals, and antioxidants is one way to support skin regeneration and protection because healthy skin reflects the body's overall condition. In other words, eating habits and the level of nutrients obtained by the body affect the metabolic and growth system and play a vital role in regenerating the body's skin and face. This article aims to explain the primary keys to getting healthy and radiant skin through balanced nutrition and nutrition in maintaining healthy skin, so that it does not depend only on external care products.^{5,6}

METHODS

Data and sources relevant to the research subject were collected through a literature study method, which was then used to analyze the data. Descriptive analysis aims to decipher the information gathered and provide a better explanation and understanding. Some of the objectives of the literature review conducted before starting the research are to determine the problem to be researched, obtain relevant information, study the relevant fundamental theories, and analyze and explain the theoretical and empirical aspects of the factors, indicators, variables, and parameters of the research. Another goal of the literature review is to increase the researcher's knowledge of the problem and the field of research they will study.⁷

RESULTS

The analysis results of articles related to data on the benefits of nutrition and balanced nutrition for skin health, which are the key to healthy skin, can be seen in Table 1.

Table 1. Data Review of Nutritional Benefits and the Role of Nutrition as the Key to Healthy Skin

| Author | Title | Method | Result |
|--|---|--|---|
| Dattola, A., Silvestri, M., Bennardo, L., et al. Current Nutrition Reports, 2020. ⁸ | Role of Vitamins in Skin Health: A Systematic Review | Systematic review <i>method</i> . This approach thoroughly examines the relevant scientific literature on the relationship of various vitamins to skin health. | Vitamins have a variety of essential functions for skin health, such as strengthening the skin barrier, fighting aging, reducing inflammation, and aiding wound healing. |
| Manalu, T. S. M., Nabila, M. R., Ramadhani, N. D., & Azzahroh, U. M. 2024. ⁹ | The Role of Nutrition in Optimal Skin Care | Qualitative descriptive research was conducted by conducting observations and interviews with nutritionists. | Studies show that maintaining a healthy and balanced diet that contains plenty of antioxidants, vitamins, and minerals is essential for maintaining healthy skin. Specific nutrients, such as vitamin C, A, E, omega-3 fatty acids, and proteins, play a unique role in skin care. |
| Witari, I., Yuliana, Y., & Yulastri, A. 2023. ¹⁰ | The Influence of Nutrition and Health on Beauty | The study used a qualitative descriptive method to describe the influence of nutrition and health on beauty. Data was collected through observation and interviews with experts, and purposive sampling techniques were used to select participants. | Consumption of healthy foods not only maintains physical beauty but also reduces the risk of diseases associated with obesity and malnutrition. The relationship between nutrition, health, and beauty is close and interdependent. |
| Akaln, G., & Selamoglu, Z. 2019. ¹¹ | Nutrition and Foods for Skin Health | This article is a literature review that explores the role of nutrients, natural foods, and bioactive compounds in skin health, focusing on the effects of antioxidants and natural pharmacological agents on oxidative stress and skin aging. | Natural nutrients and foods, including phenolic compounds, play an essential role in protecting the skin from oxidative stress and aging. Vitamins, amino acids, and essential lipids support the skin's barrier function, while natural agents can treat wounds and certain skin conditions. |
| Aini, L., Muslimah, H., & Noor, F. M. 2024. ¹² | Women's Empowerment Through Self-Care Education: Self-Care and Good Looks for Women | Direct service is achieved by collecting primary and secondary data of participants, conducting in-depth interviews, conducting documentation studies, and providing education for mothers in their 30s. | <i>Self-care</i> affects body health, improving quality of life and confidence. Nutritious food with a balanced diet and balanced with physical activity can help the body stay well-nourished. |

DISCUSSION

The Importance of Balanced Nutrition and Nutrition for the Skin

The term 'balanced nutrition' describes daily foods that meet the body's needs, considering the diversity of food types, healthy lifestyles, physical activity, and maintaining a normal

weight^{13,14}. Nutrients consist of water, minerals, carbohydrates, fats, proteins, vitamins, and other substances the body needs¹⁵. Research by Januszewski J. shows that vitamins A, E, C, and omega-3 fatty acids are essential for skin health.¹⁶

Balanced nutrition improves physical health and directly affects skin health and appearance.

A diet rich in antioxidants can improve skin elasticity and reduce signs of aging. While external factors such as pollution affect skin health, internal factors such as nutrition are also important. People deficient in nutrients are more prone to skin problems, so skin care requires attention to nutrient intake. Education about balanced nutrition can help patients make better food choices, reducing dependence on medications. Awareness of the importance of balanced nutrition can also change people's behavior, reduce stigma against skin problems, and create a more positive and supportive environment.

Balanced Nutrition and Skin Nutrition

A healthy body and skin depend on balanced nutrition. Skin health is influenced by foods rich in vitamins, minerals, antioxidants, and healthy fats. Healthy foods can prevent premature aging, especially for skin beauty. Therefore, maintaining beauty is essential to staying young. Low nutritional status in adolescents can negatively impact their performance and productivity. An unbalanced lifestyle and consumption can lead to overnutrition and obesity, which are associated with dissatisfied body image, low self-confidence, and depression¹⁷.

A balanced intake of nutrients is essential for skin health and beauty. External skin care and good nutritional intake are the keys to having healthy skin. Proper nutrition supports all biological processes in youth and old age. Eating nutritious foods can have a positive impact on skin health. Nutrients such as essential fatty acids and omega-3 help maintain the skin's lipid layer, while antioxidants from green tea, berries, and dark chocolate reduce oxidative stress. Conversely, a poor diet can accelerate aging and reduce skin protection. Eating foods rich in minerals and vitamins is a simple way, but it significantly impacts maintaining and caring for the health and beauty of the skin.¹⁸

The Key to Achieving Balanced Nutrition and Nutrition for Healthy Skin

Skincare products come not only from *body care* or *skincare*, but they also need care from the inside to maintain healthy skin. Reducing the intake of unhealthy foods, such as fast, oily, and fried foods, is essential to keep the skin glowing. Some steps to achieve balanced nutrition that are effective for health include eating foods that are a necessary source of nutrients for the skin. Proper nutrition dramatically affects the health and brightness of the skin. Foods that are good for the skin include green leafy vegetables that are rich in vitamins A, E, and C; seeds and nuts that are rich in vitamin E and zinc; citrus fruits that contain vitamin C; and fatty fish that contain omega-3 to maintain moisture and repair the skin.

The body's fluid needs must also be met to maintain healthy skin. Water keeps the skin moist and prevents dehydration. Dehydration can lead to wrinkled, dry, and rough skin. In a day, it is recommended to drink at least eight glasses of water, avoid caffeinated and alcoholic drinks, and use moisturizers. In addition to filling the fluids in the body, managing a balanced diet also supports skin health. The daily menu should include protein, fiber, complex carbohydrates, and healthy fats. Complex carbohydrates provide stable energy and maintain blood sugar levels. Examples of these foods are rice and oats. Protein is essential for repairing skin tissue and maintaining collagen, which can be obtained from chicken and tempeh. Healthy fats maintain skin moisture and help the absorption of essential vitamins; for example, healthy fats include avocados and fatty fish. Fiber supports digestion and detoxification; for example, fiber is found in fruits and vegetables.^{19,20}

Supplement consumption is necessary when a healthy diet does not adequately meet nutritional needs. Nutritional substances, including minerals, vitamins, and amino acids, usually come from animal or plant body tissues and have medicinal properties. Before taking supplements, it is recommended to consult a nutritionist. Various supplements recommended for healthy skin include vitamins A, C, and E, omega-3 fatty acids, and collagen supplements that help maximize the nutritional functions of natural ingredients. In addition, several steps can improve skin health to maintain a balance of nutrients. These steps include:

1. Change your diet by consuming vitamin-rich foods and avoiding fatty foods and excessive carbohydrates.
2. Get enough rest, not less and also not excessively, about 7-8 hours per day, so the skin looks young and supports the body's work functions.
3. Exercise regularly to slow down cell aging and improve skin health.
4. Shower twice daily using antibacterial soap to maintain skin cleanliness and health.

CONCLUSION

According to the results of the study, it can be concluded that the key to healthy and radiant skin does not only depend on external treatments such as *skincare* or *body care*, but there is also a need for a balanced intake of nutrients from within the body including the vital role of vitamins such as A, C, D, and E in maintaining the biological function of the skin. Nutrients and vitamins can help with cell regeneration, optimize the skin's protective function, and protect the skin from damage due to oxidative stress and exposure to ultraviolet radiation. In addition, the combination of vitamins and other antioxidants helps maintain the skin's hydration, elasticity, and collagen structure.

Therefore, adequate nutrition is needed through a balanced diet and proper supplementation to obtain healthy, firm, glowing skin.

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