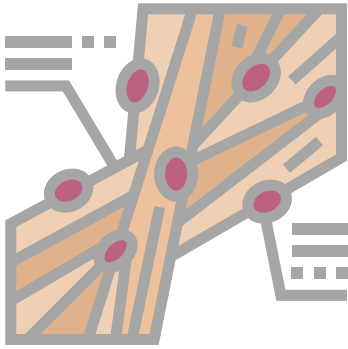




How to Boost
Collagen Production
and Maintain
Youthful Skin: Expert
Tips

What is collagen?



Collagen is a structural protein found in connective tissues throughout the body, and it plays an essential role in maintaining skin health.

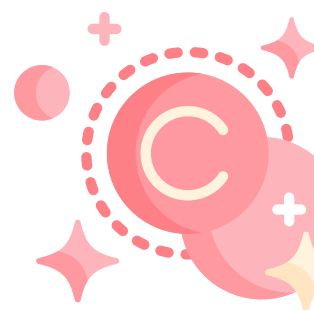
Collagen provides structure and strength to your skin, helping keep it firm, smooth, and hydrated.

Type I collagen has been identified as the most beneficial type of collagen for the skin due to its abundance of amino acids like proline and glycine.

How does collagen work for skin health?

Collagen helps to form essential fibers in your dermis, the middle layer of skin that contains most of the body's sweat glands and hair follicles. It helps create a matrix of support for new cells, allowing them to reproduce and fill in areas where wrinkles or other signs of aging are present.

Collagen also helps with wound healing, providing structure so that damaged tissue can repair itself quickly. Finally, collagen plays an important role in keeping skin hydrated by helping retain water molecules in the epidermis which keeps it healthy and supple.

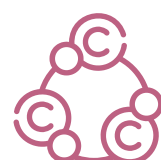
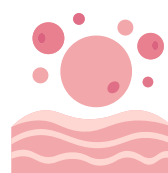
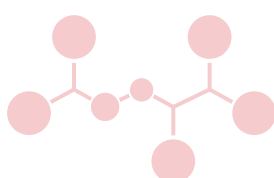
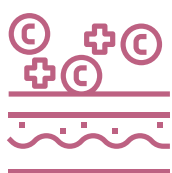


5 Ways to Increase Collagen in Your Body Naturally

01. **Eat a diet that is rich in antioxidants and vitamins A, C, and E. These nutrients can help your body produce more collagen.**
02. **Exercise regularly to increase blood circulation and promote healthy cell growth throughout the body.**
03. **Limit sugar intake, as too much sugar, can cause hyperglycemia which breaks down collagen faster than normal.**
04. **Get plenty of sleep, as this helps reduce stress hormones that break down collagen in the skin.**
05. **Avoid excessive sun exposure, as UV rays can damage collagen fibres and lead to premature ageing of the skin.**

Collagen plays an essential role in maintaining skin health and can be increased naturally by eating a diet rich in antioxidants and vitamins.

Additionally, evidence from reviewed studies suggests that both Type I and Type III collagen supplements can improve skin moisture, elasticity and hydration when orally administered without any reported side effects.



Which type of collagen is best for skin health?

Type I collagen has been identified as the most beneficial type of collagen for the skin. It is the most abundant type of collagen in the body and contains amino acids like proline and glycine which are essential for healthy skin.

Best sources of Collagen type I:

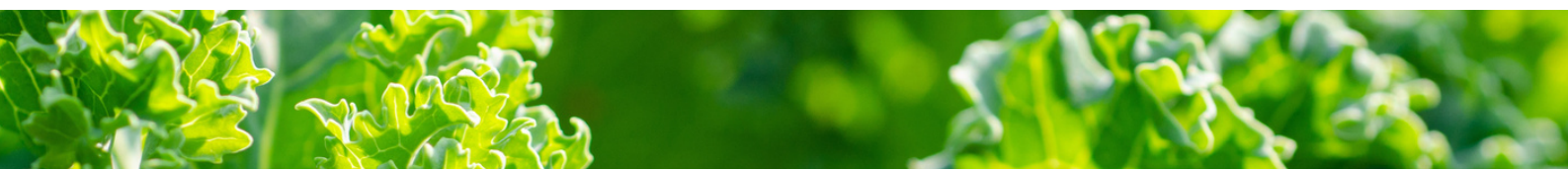
- Fish
- Egg whites
- Soy products
- Dairy products
- Dark, leafy greens like spinach and kale.

Sources of other types of collagen:

- Type II: chicken, beef, duck, fish, eggs and dairy products.
- Type III: nuts and seeds.
- Type IV: fruits and vegetables.
- Type V: whole grains such as oats, quinoa and wheat germ.



By understanding the different types of collagen available in foods and supplements—and how they work to support skin health—you can make informed decisions about your diet to help promote healthy skin!



7 Easy Collagen-Boosting Recipes

1. Broccoli, Tomato & Spinach Frittata

STEPS:

- Preheat the oven to 375°F / 180°C.
- Grease a 9-inch baking dish with olive oil and spread chopped broccoli, diced tomatoes, and spinach in it.
- In a separate bowl, whisk together 8 eggs with salt, pepper and grated parmesan cheese.
- Pour egg mixture over the vegetables and bake for 20 minutes or until golden brown.



This frittata is packed with Vitamin C from the tomatoes and broccoli, antioxidants from the spinach, zinc from the Parmesan cheese, as well as omega-3 fatty acids from the eggs.



2. Sweet Potato Toast

STEPS:

- Preheat oven to 400°F / 205°C.
- Slice two sweet potatoes into half-inch thick slices lengthwise.
- Place on a baking sheet lined with parchment paper or greased lightly with olive oil and bake for 15 minutes or until tender.
- Top each slice of toast with mashed avocado or hummus for some added protein and healthy fats that help boost collagen production.

3. Lemon & Asparagus Orzo



STEPS:

Cook 8oz / 230g of orzo pasta according to instructions then drain before returning to pot off the heat and stirring in lemon zest, juice from half a lemon, 2 tablespoons of olive oil, 1 bunch of steamed asparagus cut into one-inch pieces (for Vitamin C) as well as salt and pepper to taste.

This is a light yet flavorful meal full of antioxidants from the lemon juice which can help protect existing levels of collagen in your skin!

4. Salmon Avocado Sushi Bowls

STEPS:

- Cook 2 cups of sushi rice according to package instructions then let cool slightly before adding 1/4 cup of seasoned rice vinegar and stirring it into the cooked rice until combined.
- Divide sushi rice among 4 bowls then top each bowl with 3 ounces of cooked salmon, 1/4 cup of diced cucumber, 1/4 cup sliced avocado, 1/4 cup edamame beans and 1 tablespoon of sesame seeds (for extra zinc).
- Drizzle each bowl with soy sauce or tamari for an added kick if desired.



This delicious meal is full of omega-3 fatty acids from the salmon which helps boost collagen production in addition to plenty of Vitamin C from the cucumber!

5. Zucchini Noodles with Garlic Shrimp



STEPS:

- In a large skillet heat up 1 tablespoon olive oil over medium heat then add 2 cloves minced garlic along with 12oz / 350g peeled shrimp (for added protein) plus salt & pepper to taste; cook until shrimp are pink & cooked through (about 5 minutes).
- Remove shrimp to a plate & set aside then add another tablespoon olive oil plus 3 medium zucchini spiralized into “noodles” plus salt & pepper; cook until softened (about 5 minutes).
- Return shrimp back to skillet & stir everything together until heated through then serve warm topped with Parmesan cheese (for zinc content).

This meal is packed with omega-3 fatty acids from the shrimp that help boost collagen production and zinc from the Parmesan cheese which helps to maintain healthy skin. Enjoy!

6. Spiced Lentil Stew



STEPS:

- Heat 1 tablespoon olive oil in a large pot over medium heat then add 1 diced onion along with 2 cloves minced garlic; sauté about 3 minutes then add 1 teaspoon each cumin & coriander plus a pinch cayenne pepper.
- Sauté for a minute before stirring in 2 cups vegetable broth, 1 cup dried lentils, one 1 cup of diced tomatoes, plus salt & pepper; bring up to simmer then reduce heat & let cook about 25 minutes or until lentils are tender; top each serving off with fresh coriander if desired for extra flavour!



7. Roasted Brussels Sprouts with Walnuts

STEPS:

Preheat oven to 425°F /220°C then line baking sheet with parchment paper; place two pounds of trimmed Brussels sprouts onto a prepared baking sheet along with ½ cup chopped walnuts (for zinc content); drizzle generously with olive oil plus sprinkle liberally with salt & freshly ground black pepper; roast in preheated oven 25-30 minutes or until sprouts are fork tender while tossing once halfway through cooking time; serve warm topped off with freshly squeezed lemon juice for some added Vitamin C content!



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