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Treat your skin kindly and optimise your nutrition by eating antioxidant-rich fruit and vegetables, healthy fats from oily fish and nuts, and a varied and balanced diet. This should give optimal levels of the nutrients that are crucial for radiant skin, including beta carotene, vitamins C and E, zinc and selenium.

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### Radiant - Eat Your Way to Healthy Skin by Hanna Sillitoe

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### How to eat your way to better, radiant skin

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