

6 Green tea Does your skin take its sweet time to spring back when you press it? **Green tea's antioxidants may restore bounce.** Women who drank a green tea extract daily saw 4 percent more elasticity, *The Journal of Nutrition* finds.

7 Oranges Dark under-eye circles can make you look like the Crypt Keeper—not cute. But the **vitamin C in oranges banishes bags.** It strengthens collagen, the skin's supportive structure, to lift sunken areas that create shadows.

8 Salmon It's packed with **omega-3 fatty acids, a healthy fat that hydrates dry patches,** Sandquist says. Omega-3s may also help increase the production of collagen and elastin, two essentials for soft, no-flake skin.

9 Sunflower oil Even well-hydrated skin can look cracked without **this oil's linoleic acid, a fatty acid that helps create a soft outer layer of cells.** Sauté or bake with it for a baby-smooth complexion.

10 Whole-wheat bread A rosy blush is pretty; blotchy red splotches, not so much. **Niacin in whole grains reduces redness** from acne, rosacea and more by inhibiting inflammatory agents, says Jody Levine, M.D., head of dermatology at Plastic Surgery & Dermatology of New York City.

Spill the beans!

Rumors are flying that some of our favorite foods (and drinks) can damage your skin. We call BS on these:

MYTH Coffee causes skin dehydration, wrinkles and sagging.

Make nice with your favorite barista. Caffeine can actually improve circulation and enhance your glow, Dr. Beer says. And let's not forget coffee's antioxidants, which may help prevent crinkles.

MYTH French fries pump up blemishes.

The reality is that scarfing down a serving of deep-fried yummys every now and then won't turn your skin into zit central, Sandquist says. But remember not to transfer the greasy mess from your fingers to your face because that could clog pores and lead to breakouts.

MYTH Chocolate is bad for skin—period.

Truth is, the dark stuff (look for 70 to 80 percent cocoa) contains flavonols, which are shown to make skin supple and protect against damaging UV rays and wrinkles, says Nicholas Perricone, M.D., a dermatologist and founder of Perricone MD. You're welcome!

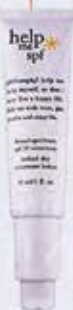
Beauty buys that deliver results

Double the get-gorgeous power. These picks supply the same nutrients as the foods above.

CHICKPEAS
Estée Lauder
Perfectionist
[CP + R] Wrinkle
Lifting/Firming
Serum, \$65;
EsteeLauder.com



ALMONDS
Philosophy Help
Me SPF 30 Retinol
Day Treatment,
\$45; QVC.com



ORANGES
Colbert M.D.
Nourish Eye
Cream, \$110;
ColbertMD.com



GREEN TEA
Wei East China
Herbal Advance Youth
Recapture Serum,
\$30; WeiEast.com



SUNFLOWER OIL
Bobbi Brown
Extra Repair
Moisturizing
Balm, \$90;
BobbiBrown
Cosmetics.com



WHOLE-WHEAT BREAD
StriVectin-SD
Power Serum for
Wrinkles, \$99;
StriVectin.com



BRAZIL NUTS
The Body Shop
Brazil Nut
Body Butter,
\$19; TheBody
Shop-USA
.com



CRAB
Origins Out
of Trouble 10
Minute Mask to
Rescue
Problem Skin,
\$22; Origins
.com



SALMON
Lancôme
Bienfait
Multi-Vital
Night, \$50;
Lancome-USA
.com



APRICOTS
Dermologica
Skin Renewal
Booster, \$48;
Dermologica.com

