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By Martyn Fisher

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Eating fresh fruit and veg 'makes your skin more attractive'

New research found that women who consume more fresh produce reportedly have a healthier and more attractive glow



The best way for women to improve the quality and attractiveness of their skin is to eat fresh fruit and vegetables.

That's according to new research, which found that women who consume more fresh produce reportedly have a healthier and more attractive glow than those who don't.

A significant number of Britons **fail to eat the recommended five portions of fruit and vegetables a day**, and young women are believed to be among the worst offenders.

But the researchers - Scottish and Australian - behind these findings believe that vanity may prove the most persuasive argument yet to eat a healthy diet.

They noted: "Higher daily fruit, vegetable and combined fruit and vegetable intakes were associated with increased overall, unexposed and exposed skin redness and yellowness values.

"Studies indicate that women are ambivalent about the importance of nutrition or their health. Thus, finding novel strategies to motivate increased fruit and vegetables in this group is necessary to protect against chronic diseases.

"Recent evidence has shown that young women are motivated to change their health behaviours based on improving their appearance or looking good rather than health concerns, which are more important amongst older females, 36 to 50 years old.

"Interventions that focus on appearance could be a novel way of motivating young women to improve dietary intake, including fruit and vegetable intakes."

In the experiment, the researchers monitored the diet of almost 200 Caucasian women aged between 18 and 29 for nine months.

The scientists also measured their skin colour at nine points on the body, from head to foot.

The research featured in the journal, **Nutrients**.

<http://www.fruitnet.com/americafruit/article/1474/parts-of-san-diego-quarantined-as-psyllid-count-mounts>

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