

you & your Health

Look Great

Go With the Glow

Color from a good diet looks better than a suntan

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• Want a healthy glow without baking in the sun? Trade the beach for broccoli. The color you get from eating fruits and vegetables is more appealing than the color you get from the sun, research shows. Fruits and veggies contain carotenoids—natural pigments that give them their color. When you munch on a carrot, those carotenoids are absorbed by your skin, giving it a golden tone. In one European study, participants digitally adjusted photos of people to make them appear “as healthy as possible.” Participants increased the golden carotenoid color more than they upped the darker tones associated with tanning. Says study author Ian Stephen, Ph.D.: “Carotenoid color makes you look healthier and more attractive.” ■

