

Live a Longer, Healthier Life

Though genetics play a role, beauty, longevity, and quality of life are strongly linked to the lifestyle choices we make every day. What we eat, how long we sleep, if we exercise, and how we manage stress all contribute to our overall well-being. Beauty isn't just about outward appearance—it's also about how we feel inside. Nourish your body with the nutrients it needs and treat yourself with the care you deserve. Through a balanced diet, exercise, sleep and stress management you can live a longer, more beautiful life.



Anti-Aging Antioxidants

Aging may be inevitable, but the rate at which we age may be up to us.

Fight DNA Damage

Environmental toxins, UV exposure and a poor diet can accelerate the aging process by damaging DNA and causing cell malfunction that manifests as wrinkles and age spots.

Protect & Repair

Fortunately, antioxidants found in fruit and vegetables provide a natural line of defense that slows down the aging process by deactivating the free radicals that attack the cells.



Luxurious Hair

Fight graying and thinning hair:

Zinc



Iron



Strong Nails

Experience less breakage:

Biotin



Glowing Skin

Encourage skin cell turnover and collagen formation:

Vitamin A



Vitamin C



Vitamin E



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NATURAL BEAUTY

Health and Wellness Series #6



Top Beauty Secrets Revealed

Below is a list of ten top tips to keep you beautiful, naturally!

1

Hydrate

Drink plenty of water and minimize alcohol to keep skin hydrated and looking fresh.



2

Eat Good Fats

Replace unhealthy fats with good fats, like those found in salmon and almonds. They may prevent wrinkles by reducing inflammation.



3

Get Active

Aim for at least 30 minutes of exercise per day to help reverse skin aging.



4

Shun Sugar

Cut back on refined sugar—too much can harm skin's elasticity resulting in wrinkles. Choose naturally sweet fruit in its place.



5

Sleep Like a Beauty

Set a bedtime and stick to it. Sleep allows your body to repair and renew cells damaged during the day.



6

Eat Orange

Choose vegetables high in beta-carotene such as carrots, sweet potatoes and butternut squash to help protect skin from sun damage and to achieve a glowing complexion.



7

Maintain Healthy Weight

Achieve a healthy weight through diet and exercise—obesity may accelerate the aging process.



8

Color Your Plate

Include a variety of fruits and vegetables in your diet. What you eat determines how you look, and produce is filled with nutrients to keep you young inside and out.



9

Don't Smoke

Don't smoke—it's that simple. Smoking damages skin all over the body and has several health consequences.



10

Smile

Keep on smiling! Research found people viewed smiling faces as two years younger than non-smilers.



Get Healthy! Collect all 10 of the series!
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