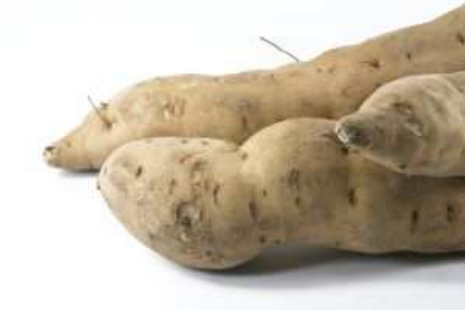


The SkinFitnessFacts.com Grocery List

For the healthiest skin you need these items in your kitchen.

Vegetables

sweet potatoes
green, leafy vegetables (spinach, arugula,
collard greens, kale)
broccoli
potatoes
carrots
mushrooms



Fruit

cantaloupe
citrus fruit (orange, tangerine, grapefruit, lime, lemon, etc.)
mangoes
berries (blueberries, raspberries, strawberries, etc.)



Meat/Fish

liver
oysters
lean red meat
fish
poultry



Other

cheese
beans (lentils, kidney, navy, etc.)
seeds/nuts (flax seed, almonds, etc.)
whole grains (breads, pastas, crackers, etc.)