

Health Topics: Anti-Aging

10 Foods That May Improve Your Appearance

Get skin glowing and hair shining the natural way.



By Laurie Pawlik-Kienlen for MSN Health & Fitness

Blood oranges, cherries and blueberries

Collagen is a natural protein in your skin and muscles that provides resiliency, shape and texture. Unfortunately, collagen production decreases with age— but you can fight back with dark fruit. "Blood oranges, cherries and blueberries are full of antioxidants, which decrease aging and disease by lowering inflammation. Antioxidants also increase collagen production and thicken the skin, making you look younger and healthier," says Julia Tatum Hunter, M.D., of Skin Fitness Plus in Beverly Hills. "Antioxidants also decrease [the severity of] rosacea." Blackberries, raspberries, plums, pomegranates, cranberries, Asian dragon fruit and kiwis also contain antioxidants.