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Nosh Yourself Gorgeous with These 9 Beauty Foods

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Walnuts

Get out your nutcrackers, beauty mavens! Just four yummy walnuts (or eight walnut halves) will get you your daily dose of alpha linoleic acid, which is important for healthy, glowing skin, says Lisa Drayer, M.A., R.D., nutritionist and author of *The Beauty Diet: Looking Great Has Never Been So Delicious*. Walnuts are also associated with shiny hair, vibrant eyes and strong bones. **The type of fats [they] contain are even better for you than salmon, and there is no fear of excessive mercury,"** reports Susan Ciminelli, author, skin-care expert and owner of Susan Ciminelli Spas. Sprinkle them on salads or in your oatmeal, or dip them in dark chocolate for a decadent treat!

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