

Consuming Balanced Diet for Skin Health and Beautification

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Abstract

This study will help us determine the trends in younger adults, whether proper nutrition is considered important factor as a part of skin health care. Young females belonging to different colleges were sample group and questionnaire was build to assess their knowledge about balanced diet and to assess the trends among the females, whether the balanced diet is considered important for skin beautification therapy.

Keywords: *Balanced Diet; Skin Health; Beautification*

Introduction

A balanced diet contains the required amounts of calories and other essential nutrients needed to prevent nutritional deficiencies and excesses. It also provides the right balance of carbohydrates, fat, protein and micro nutrients to reduce risks for chronic disease, and can also help in slowing down the process of aging.

Experts agree that eating a well-balanced diet is essential for healthy and beautiful skin. When our body is lacking in vital nutrients i.e. vitamins, minerals, amino acids, antioxidants and essential fatty acids, the skin will eventually react and this can be detrimental to skin health and beauty [1].

During past few years it has been noticed that women have become more conscious about their skin beauty. In this respect numerous skin beautification regimens are in practice. This study will help us to find out the trends in the community, whether proper nutrition is considered important as a part of skin health and beautification regimens.

Research Methodology

Type of Research

It is a survey research.

Research Questions:

- What kinds of methods are commonly used for skin beautification?
- How much importance is given to the diet?

Population

- The population of this study consists of females of Govt. College of Home Economics, Lahore Medical and Dental College and Lahore College of Women University.

Sample Size and Selection

- Number of sample (female) is 60
- Females between 15 to 25 age have been selected

Tools of Data Collection

- Questionnaire

Delimitations

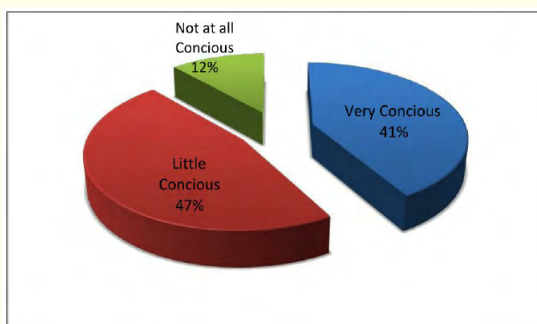
- Study is conducted on females only
- Number of sample (females) is 60
- Females between 15 to 25 years of age have been selected
- Three government institutes were selected for this study i.e Government College of Home Economics Lahore, Lahore College for Women University and Lahore Medical and Dental college.

Data Analysis

The findings will be analyzed statistically and presented in the form of tables and graphs.

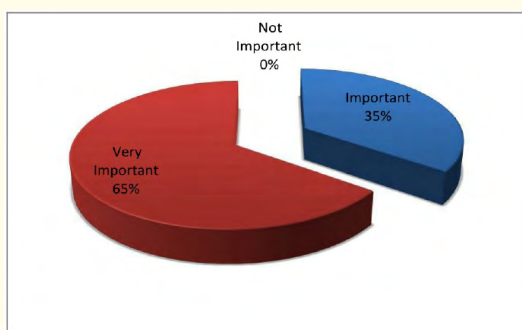
Results and Discussions

Level of conscious about skin beauty



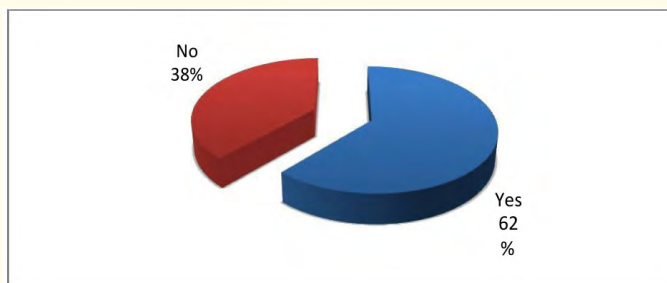
Majority of females are conscious about skin beauty.

Level of importance of diet for your skin



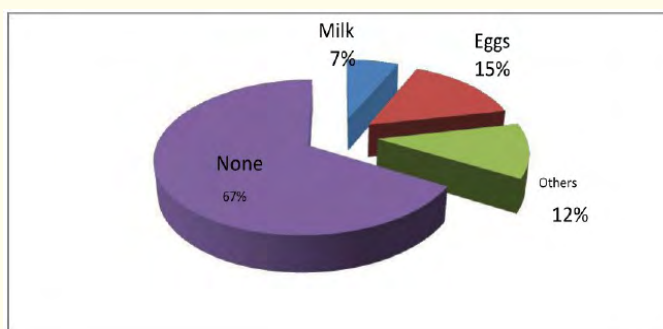
Majority of females think that diet is very important for healthy skin.

Regularity of meal (three times a day)



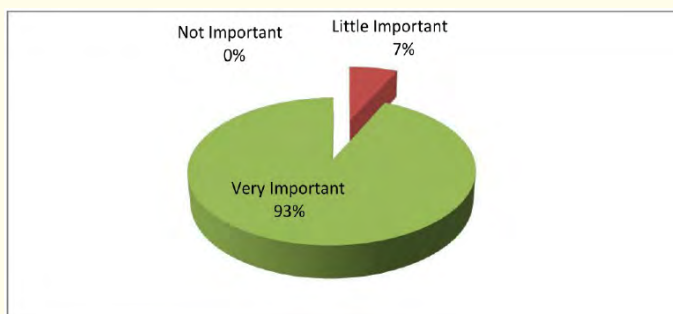
Greater percentage of females take three meals a day.

Any allergies to food



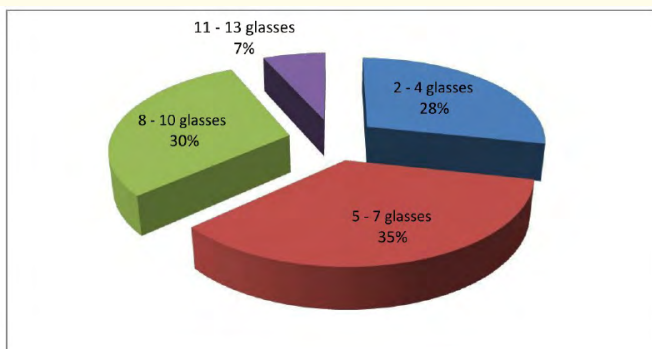
Most of the females are not allergic to any specific food group.

Importance of water for skin beauty



Majority of females consider water very important for skin beauty.

Consumption of water on daily basis



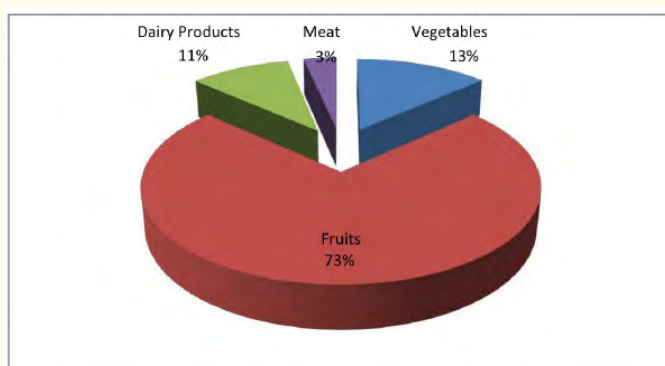
35% of the total sample consume 5 to 7 glasses of water per day.

Consumption of raw vegetables and fruits to make your skin healthy



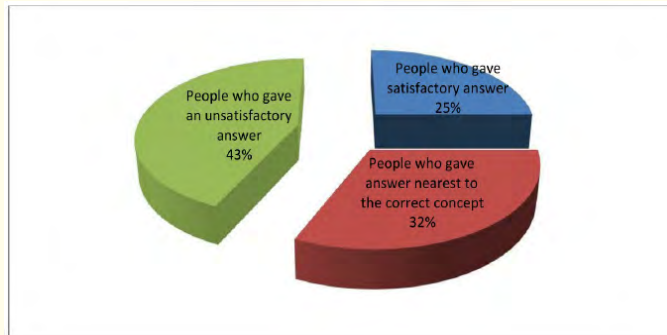
The higher percentage of females take fruits and vegetables only 1-2 times a week.

Consumption of any specific type of food for skin care



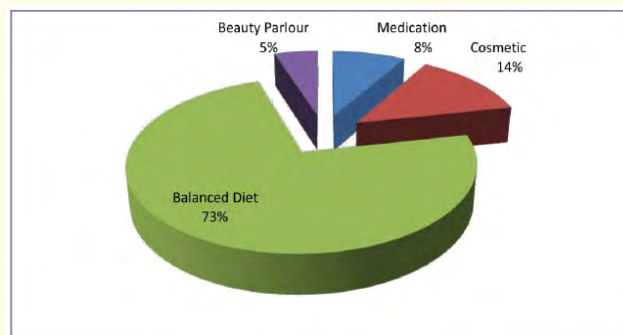
Most of the females take fruits for skin beautification.

Balanced diet in samples opinion



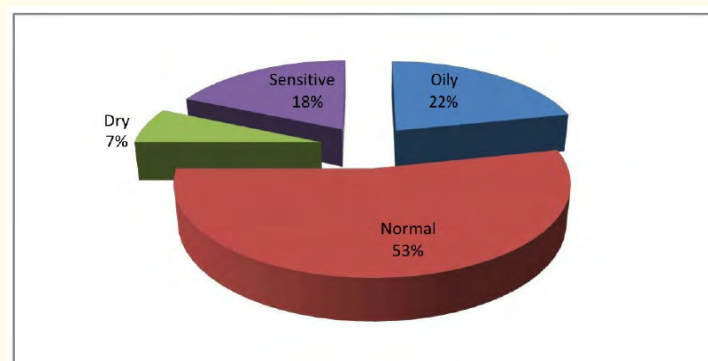
The highest percentage of studied sample had no suitable concept about a balanced diet.

Methods do you think is best for skin beautification



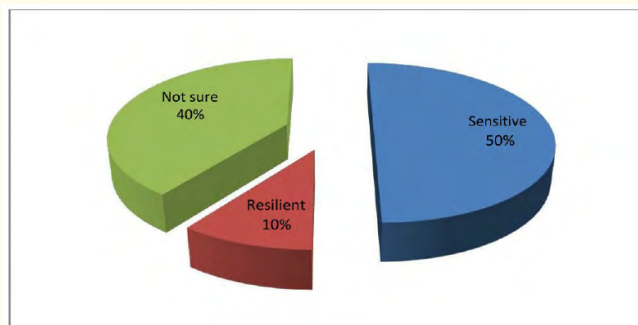
A huge percentage of females think that taking balanced diet is the best way to beautify skin.

Describe your skin type



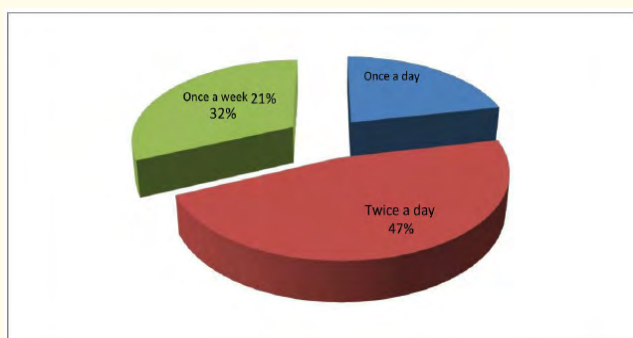
53% of females have normal skin.

Do you consider your skin?



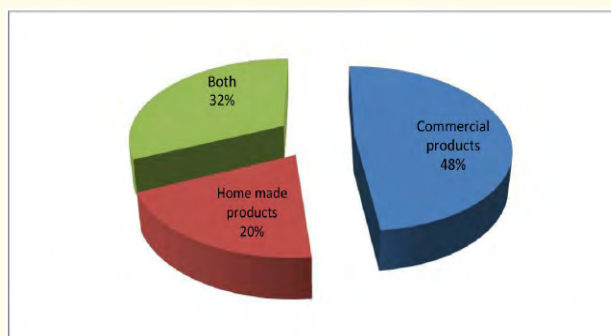
Majority of females consider their skin is sensitive.

How often do you properly cleanse your face?



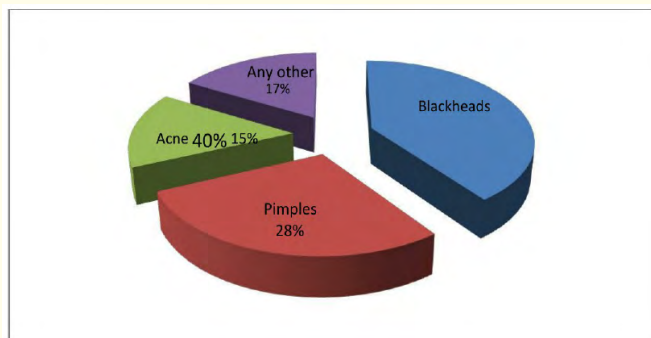
Most of females cleanse their face twice a day.

Type of product use for cleansing purpose



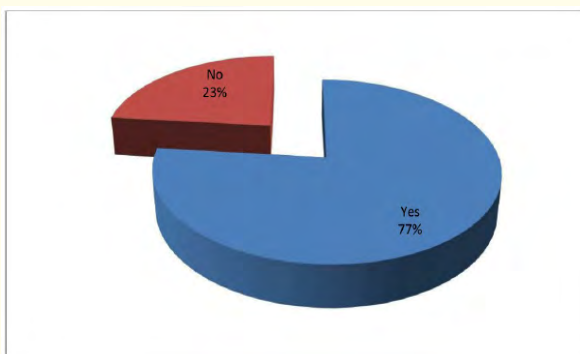
Most of the females use commercial products for cleansing purposes.

Do you have trouble with following



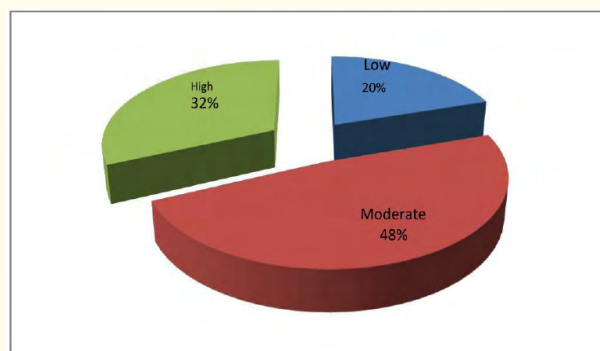
Majority of females have trouble with black heads.

Do you have an active lifestyle



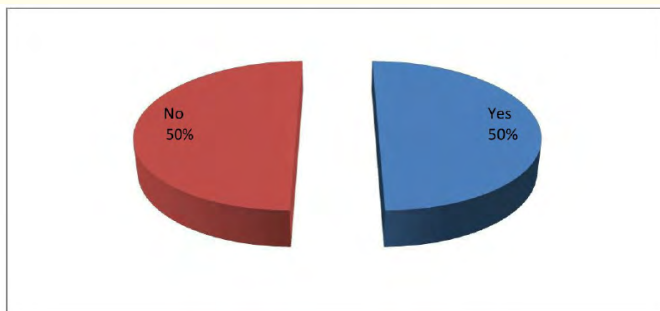
Majority of females have an active life style.

Level of your stress



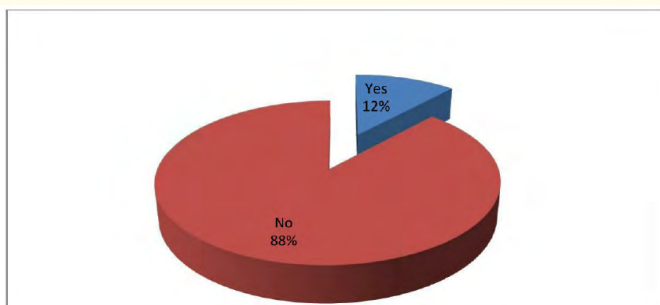
Most of the females rate their level of stress as moderate.

Do you tan easily



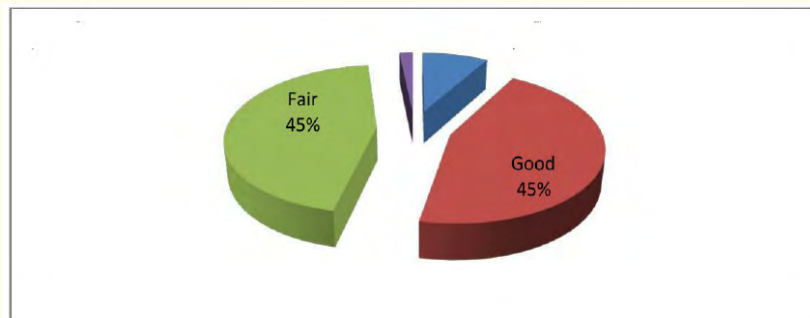
Half of the sample thinks that they tan easily and half think they don't.

Do you makeup regularly?



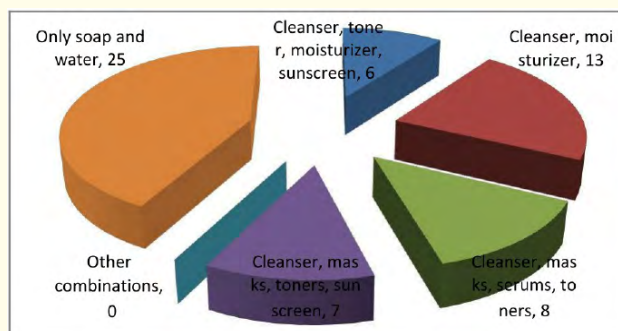
Majority of females don't make up regularly.

How would you describe your overall health?



Only 2% of the sample have poor health.

What kind of products do you use for skin care



A higher percentage of females use only soap and water for cleansing.

Conclusion

Above study concluded that balanced nutrition of the body is important for maintaining healthy skin. It is obvious from the above study that majority of samples believed in nutrition therapy for their skin health and believed that by consuming natural sources (fruits, vegetables) and combination of balanced meal will help rejuvenate their skin.

Acknowledgment

It's a privilege and source of gratitude to express my sincere thanks to my academic supervisor, Ms Saira (Department of Food and Nutrition) for her constant guidance and support without whom this report would not have been possible.

Bibliography

1. Adams M. "The top five nutrients for healthy skin" (2007).

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