

"Health Experts Say You Should Be Eating These Collagen-Rich Foods Every Day As You Age"

Achieving a healthy youthful look to your skin as you age can largely come down to one ingredient in your diet: collagen, according to Dietician Shavonne Morrison. And while you've probably heard that word thrown around when it comes to health and beauty, you may be wondering what exactly it is and how you can best incorporate it into your diet.

Collagen is a protein in your body that's main function is giving your skin its structure and stretch—though it can also be found in your joints and ligaments. As we age, our natural production of collagen decreases. According to Elizabeth Bradley, MD, Medical Director of Cleveland Clinic's Center for Functional Medicine, "Aside from aging, the top reason people don't have enough collagen is poor diet." She adds, "Your body can't make collagen if it doesn't have the necessary elements." That means that it's important to supplement your collagen levels through diet.

One of the best things you can eat to increase your collagen intake is something we've all become familiar with in the past few years. Bone broth. Bone broth is made by cooking bones in water to extract the nutrients from it—including the collagen.

According to registered dietician Carrie Gabriel, "Foods like bone broth contain a bioavailable form of collagen your body can use right away, making it arguably superior to supplements."

Another is one that you probably already have in your diet, eggs. [Eggs contain high amounts of two amino acids that are used](#) to create collagen in your body. This can boost your own production of collagen instead of ingesting it.

Meats with lots of connective tissue (especially red meats like beef, pork, and lamb) have quite a bit of collagen in them, mostly for the same reason we have collagen in us—to help them move.

Now if you're vegetarian or vegan, it can be harder to add collagen to your diet. One food you can add is the algae Spirulina. It can be found in powder and capsule form and can be added to your meals.

If you want to go the route of supplements because most of the options are meat, the University of Notre Dame says, "Be aware that the collagen in supplements may come from cows, eggshells, chicken, and fish, which may limit availability to vegans." Be sure to check the labels and ingredients to ensure that they follow your dietary limitations.

The University of Notre Dame also breaks down which type of supplements you might want to take to achieve different goals. It says: "supplements containing type I and III collagen may help to support healthy looking skin... Type II supplements may be ideal for maintaining cartilage throughout the body..."

Whichever route you choose, including collagen into your diet can be a way to improve your skin as you age.