

The Medicare Diet: Best Foods for Skin Health in Seniors



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Protecting Your Largest Organ

Your skin is your largest organ, not to mention your most visible. Seniors across the country are on the hunt for the best foods for skin health, looking to slow the signs of aging and maintain that youthful glow. However, there is so much more to skin health than moisturizer and sunscreen: 'skin deep' might just be a lot deeper than you thought.

Your skin does a lot more for you than just look good. Your outermost layer of skin, the epidermis, is your first line of defense against pathogens, serving as a physical barrier against disease. Unfortunately, as we age, our epidermis thins, becoming more prone to injury and slower to heal. There's no way to reverse this process, but there *are* ways to protect your skin against injury and maintain a healthy epidermis well into your golden years.

As with all our Medicare Diet articles, the tips and recipes here are not medical advice, and won't magically restore your skin on their own. However, when used in conjunction with a dermatologist-approved skin care regimen, the proper diet can play a major role in maintaining