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B.FITLifestyle
Sahiba B. | Nutritionist 

FOODS FOR

Healthy & Glowing
Skin

SWIPE TO READ MORE
→

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SIMPLE WAYS

To Sleep Better

SWIPE TO READ MORE
→

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5 WAYS TO KNOW

You are Eating Healthy

FATIGUE SOLUTION

5 Natural Ways to Boost
Energy Levels

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HAPPY Nutrition Week



VITAMIN E

Antioxidant properties

Anti-Inflammatory properties

Delays Ageing & Wrinkles

Helps Treat Dry, Flaking Skin

SOURCES

Sunflower Seeds

Almonds, Peanuts, Hazelnuts

Wheat Germ Oil, Olive Oil

Fatty Fish

Avocados

VITAMIN C

Promotes Collagen Production

Increases Absorption of Collagen

Has a Hydrating effect on Skin

Helps Fade Pigmentation

SOURCES

Oranges, Tangerines

Amla, Tomatoes

Lemon, Kiwi, Berries

Papaya

OMEGA 3

May Reduce Acne

Anti-inflammatory

Guards Against Dry, Red or Itchy Skin

Increase Skin's Resistance to Sunburn

SOURCES

Walnuts

Mackerel & Salmon Fish

Flax-seeds & Chia Seeds

Dairy, Legumes, Whole Grains

VITAMIN A- BETA CAROTENE

Accelerates Skin Healing

Removes Dead Skin Cells

Makes Skin Youthful & Radiant

Minimizes Fine lines & Wrinkles

SOURCES

Eggs & Organ Meat

Carrots & Sweet Potatoes

Butternut Squash & Apricots

Oranges, Spinach, Kale