

Is this the ultimate skin beautifying food?

Expert opinion



Ricardo Riskalla

Personal trainer, author, nutrition expert and chef, Ricardo has been featured in Vogue and many publications. He is the secret weapon of many a supermodel and actor.

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Forget kale and green juices, this is the superfood you should be eating, says trainer Ricardo Riskalla

In the world of superfoods and mega nutrients, there are some foods that deserve special attention. When studying societies that have the longest lifespan on the planet, they all have something in common: they tend to eat foods that are more nutritionally dense.

The number one food, and the one we're talking about today is the purple sweet potato, which is a staple of Hawaiian cuisine and is also a favourite among the Okinawan's. Japan, a population what boasts the longest expectancy. This delicious Sweet Potato not only tastes a million times better than the usual orange sweet potato, but it has many extra benefits, particularly when it comes to skin.



For example, purple sweet potato is a great source of the vitamin A, a well-known beautifier for skin. It is also rich in vitamin C, manganese, copper, fibre, vitamin B6, potassium and iron. In addition to this, the purple sweet potato, or Okinawan sweet potato, as it's often known, is super rich in a very special antioxidant called anthocyanin, also present in blueberries, red grapes and red cabbage. The clincher is, it actually possesses 150 per cent more antioxidants than blueberries. And we all know that hyaluronic acid is a high-priced skin moisturiser ingredient- but it's also found in this super root vegetable.

When it comes to preparing this amazing vegetable it's always best to boil it. This is so it maintains a low GI (Glycemic Index) of 44, rather than an increased GI of 94, which occurs when roasted.

To increase the antioxidant and nutritional content of this amazing potato even further, why not create a beautifying superfood mash by adding turmeric powder, black pepper, raw garlic, lightly fried onions, olive oil and flaxseed oil.