



msn.com



A minimum amount of fat is necessary for the body to be able to maintain a youthful, energetic feeling and a pleasant appearance. "Heart-healthy omega 3 fatty acids found in oily fish (such as salmon and mackerel) and certain nuts (such as walnuts and flax seeds) keep the skin supple and plump, thereby preventing wrinkles, and they boost both heart and brain health as well," says **Franci Cohen, a nutritionist and exercise physiologist**. It is recommended that you

incorporate fish into your diet at least twice a week.