

Food Trend: Collagen Is Skincare You Can Eat!



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There seems to be a new skincare [beauty trend](#) every few months. Whether it's funky face masks or gold facials, there never seems to be a dull moment when it comes to healthy skin. This latest skincare trend is also the latest [food trend](#)! Collagen is a protein found within the body that strengthens bones and skin. Collagen is oftentimes sold in drinks or as an added protein in smoothies. Dermatologists believe that collagen has the potential to strengthen skin and reduce wrinkles, but there is not enough evidence to conclusively prove that it does as of yet.

Collagen is the newest food and skin trend. There are a bunch of simple ways you can add this protein into your diet. Cupid has some advice to help you get in on this new trend.

Food trends are always fun. They're even more fun when they give you great skin. In the latest food trend news, collagen is taking the world by storm. Cupid has some advice to help you incorporate collagen into your everyday diet:

1. Drinks: There are many trendy companies that sell drinks with collagen in them. Brands such as Vital Proteins make their trademarked Collagen Water in an array of flavors like Blackberry Hibiscus, which contain 10 grams of collagen. These drinks are super easy to add to your everyday routine!

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2. Supplements: A simple and quick way to get more collagen is to take supplements. This one isn't a direct food trend but it definitely does help you get your daily collagen intake without really having to change any aspect of your daily routine.

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3. Bone broth: Now, this might not sound like the most appetizing food in the world, but bone broth is extremely rich in nutrients and protein, especially collagen. You can use the bone broth to make a delicious soup that's perfect for the colder weather.

4. Say “hello” to massages: This one is also admittedly not a food trend, but you deserve to treat yourself too! Facials and face massages can directly boost collagen production in your face. So book your next facial soon!

Have you tried the collagen trend yet? Let us know in the comments below!