

Collagen-rich foods and supplements for anti-aging



Alt text: Should I take collagen supplements?

Collagen is a protein that's found in our skin, bones, and other connective tissues. It plays an important role in maintaining the strength and elasticity of our skin and other tissues, which is why it's essential as we age. During aging, our bodies produce less collagen, causing wrinkles, sagging skin, and other signs of aging. That's why many people choose to use supplements.

How can I get more collagen?

Adding certain foods to your diet, such as those containing vitamin C (which helps produce collagen) or protein (which provides the building blocks), can effectively boost your levels. Some of the best foods include the following:

1. Bone broth

Bone broth is a collagen-rich food made by simmering bones, tendons, ligaments, and skin for several days. It contains essential amino acids and is available in various forms, such as powder, bar, or capsule, for easy supplementation.

2. Cod

Cod is an excellent source of amino acids, including glycine and proline, and essential nutrients, such as selenium, vitamin B6, and phosphorus. When selecting cod, choose Alaskan over Atlantic cod because the latter is overfished and less sustainable.

3. Eggs

Eggs are rich in amino acids such as glycine and proline, essential collagen components. You can also benefit from a consistent source of healthy fats and high-quality protein by consuming whole eggs instead of just the whites.

4. Gelatin

You can add gelatin to your soups, stews, or broths to increase the nutritional value of your meal. Additionally, you can find gelatin supplements in sheet, granule, or powder form.

5. Smoothies

You can also get your collagen in a smoothie if you are pressed for time and need a quick and healthy option. [Bulletproof Collagen Peptides](#) is a powder with several yummy flavors, and we also offer “unflavored” if that is your preference!

More Collagen-Building Foods

To enhance production, it's beneficial to consume a diverse range of collagen-rich foods. Incorporating some plant-based foods into your diet can also help. Wondering which foods are the best? Here are some foods that you can easily include in your daily routine:

1. Leafy Green Vegetables

Leafy green vegetables such as spinach, kale, and arugula are excellent sources of vitamin C, which helps to produce type I collagen - the most common form of collagen found in the body. Vitamin C also functions as an antioxidant, shielding against free radical damage.

2. Pumpkin Seeds

Did you know that pumpkin seeds are an excellent source of nutrients and can help boost collagen production? Just one serving of pumpkin seeds contains approximately 19% of the recommended daily value of zinc, a crucial mineral that plays a vital role in immune function, wound healing, and cell growth.

3. Strawberries

Besides being a great source of vitamin C, strawberries are known for their ability to promote collagen production. Other berries, such as blueberries, blackberries, and raspberries, also contain significant amounts of this vital antioxidant.

4. Citrus Fruits

Lemons, limes, oranges, and grapefruit are all types of citrus fruits that are incredibly nutritious. They contain high levels of vitamin C, essential for producing collagen. Additionally, these fruits are rich in antioxidants, fiber, and other micronutrients that are beneficial for maintaining good health.

5. Garlic

Garlic is packed with collagen-boosting compounds. Plus, garlic is a versatile ingredient that can add flavor and nutrition to various dishes, including soups, sauces, and salad dressings.

Collagen Supplements

Our Bulletproof Collagen Peptides can support your collagen production, which can start to decline as early as age 25. We only use collagen types I and III—the

most common, naturally occurring types in the body. These help support healthy skin, bones, and joints. [Click here to shop some of our best-selling collagen supplements.](#)

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