

# PERFECT KETÖ

## 11 Simple Ways To Boost Your Collagen Levels

How to get more collagen so you can reap the benefits of collagen in your hair, nails, skin and connective tissue.

# 11 Simple Ways To Boost Your Collagen Levels

To reap the benefits from collagen, you need to consume it. Here's how to boost those levels.

## Collagen is needed for:

- Glowing skin
- Strong nails
- Abundant hair
- Resistant bones
- Lean muscles
- Well-lubricated joints and ligaments
- Brain and heart health
- Good vision

You can supercharge your body's natural collagen production through...

1. Proper Nutrition
2. Healthy Habits

# Nutrition

## #1. Eat Protein-Rich Foods

Collagen is a protein made of 21 amino acids, but the three main ones are glycine, proline, and hydroxyproline. Protein-rich foods provide your body with these key building blocks.

The best sources are:

- Gelatin
- Fish: cod, salmon, sturgeon, and tuna
- Poultry: chicken breast and turkey
- Red meat: deer, veal, lean beef, lamb, bacon, bison, pork chops, and liver
- Cheese: parmesan, romano, goat cheese, gruyere, monterey, mozzarella, and cheddar
- Nuts and seeds: pumpkin seeds and peanuts

Try these high-protein keto recipes to increase your amino acid levels:

- [BBQ Pulled Beef Sando](#)
- [Spring Keto Stew with Venison](#)
- [Crispy Skin Salmon with Pesto Cauliflower Rice](#)
- [Superfood Meatballs](#)
- [Curry Chicken Lettuce Wraps](#)

## #2. Eat More Vitamin C And E

Your body needs vitamin C to produce collagen. It's the linchpin that connects amino acids together.

The best keto sources are chili peppers, parsley, kale, red pepper, and broccoli.

Boost your vitamin C and collagen levels with these recipes:

- [Beberé Enchilada Style Stuffed Peppers](#) -- amino acids from lean pastured beef and vitamin C from red peppers make it an excellent collagen-building meal!
- [Lemon Balsamic Chicken](#) -- chicken thighs provide amino acids and lemon rind contains vitamin C.
- [Keto Poke with Ahi Tuna and Citrus](#) -- amino acids from tuna and vitamin C from grapefruit and parsley.

Vitamin E regulates and protects existing collagen against damage. You can find it in almonds, sunflower seed butter, hazelnuts, pine nuts, and brazil nuts.

Try these meals loaded with vitamin E:

- [Flourless Matcha Latte Pancakes](#) -- this breakfast is bursting with vitamin E thanks to the sunflower seed butter.
- [Shrimp Stacks](#) -- avocados are rich in vitamin E.
- [Low-carb Acai Almond Butter Smoothie](#) -- almond butter, avocado, and almond milk pack this smoothie with vitamin E.

### #3. Boost These Carotenoids: Beta-carotene, Lycopene, Lutein and Zeaxanthin

Carotenoids in general help increase and preserve collagen levels in your skin.

- **Beta-carotene keto foods:** turnip greens, kale, dandelion greens, spinach, and romaine lettuce.
- **Lycopene keto foods:** sun-dried tomatoes, tomatoes, red pepper, asparagus, and red cabbage.
- **Lutein and Zeaxanthin:** dandelion greens, turnip greens, garden cress, spinach, and swiss chard.

Make these recipes to boost carotenoid levels:

- [Keto Power Breakfast With Green Sauce](#) -- beta-carotene from baby kale and lycopene from asparagus.
- [Rosemary Cauliflower Mash and Gravy](#) -- cauliflower is high in beta-carotene as well.
- [Creamed Spinach](#) -- Spinach provides beta-carotene, lutein, and zeaxanthin.
- [Slow Cooker Taco Soup](#) -- Tomatoes pack this soup with lycopene.

## #4. Take These Minerals: Calcium, Selenium, and Copper

Calcium works together with collagen to build, strengthen and protect your bones.

The best sources are poppy seeds, parmesan cheese, romano cheese, gruyere cheese, and sesame seeds.

Try these tasty recipes to increase your calcium intake (both use parmesan and cheddar cheese):

- [Bacon, Egg, & Cheese Breakfast Casserole](#)
- [Cheesy Bacon Brussel Sprouts Casserole](#)

Selenium helps to prevent harmful overproduction of collagen. You can find it in brazil nuts, sunflower butter, shiitake mushrooms, sesame seed butter, and flaxseeds.

Try these meals high in selenium:

- [Mushroom Bacon Skillet](#)
- [Perfect Keto Collagen Mug Cake](#) -- sunflower seed butter and collagen peptides make it a perfect collagen-building dessert.

Copper strengthens the integrity of your skin by connecting collagen and elastin. The five keto foods richest in copper are shiitake mushrooms, sesame seed butter, cashews, hazelnuts, and brazil nuts.

Increase your copper levels with these recipes:

- [Low Carb Lemon Cashew Cookies](#) -- copper + vitamin C thanks to cashews and lemons.
- [Celeriac Everything Oven Fries](#) -- celeriac, or celery root, is high in copper.

## #5. Increase Your Omega 3s

Omega 3 fatty acids help maintain the right balance of collagen in your body. They're also helpful to heal and protect ligaments.

**Omega 3 keto foods:** flaxseed oil, walnuts, hemp seeds, pine nuts, and flaxseeds.

These meals are packed with omega-3 fatty acids:

- [Smoked Salmon Pate with Cucumber](#) -- fatty fish like salmon is loaded with omega 3s.
- [Cheesy Broccoli Meatza](#) -- the omega-3 comes from the flaxseed meal.
- [Keto Chicken Hemp Heart Tenders](#) -- these tenders are covered in hemp seeds, which are high in omega 3s.
- [Brown Butter Buffalo Bites](#)

## #6. Drink Bone Broth

Bone broth contains collagen from the bones and tissues of the animals used, so drinking it can support skin and digestive health, reduce inflammation, promote muscle recovery, and prevent leaky gut.

Try this [Perfect Keto Bone Broth](#) recipe (made with chicken tissues) to promote healing and crush inflammation.

## #7. Eat Less Sugar

Sugar interferes with collagen production. Research shows that sugar molecules “trap” the building blocks of collagen, preventing your body from making and using collagen in your tissues.

That’s why a keto diet based on whole foods, or simply a low carb diet, can help boost your collagen levels naturally. When you need a sweetener, opt for stevia.

You can start reducing your sugar intake by making low-carb versions of popular foods:

- [Flaxseed Crackers](#) -- also packed with omega 3s!
- [4 Ingredient Low Carb Cloud Bread](#) -- satisfy your craving for bread without using flour.
- [Low-Carb Gingersnap Cookies](#) -- also rich in vitamin E from the almond flour.
- [Keto Superfood Nice Cream](#) -- Ice cream without the sugar high.

## #8. Take Grass-Fed Bovine Collagen Peptides

Collagen peptides are small collagen chains ready to be absorbed by your body. They help build and heal tissues faster and more efficiently than collagen made from scratch in your body. Think of them like a fast-track to collagen production.

The best collagen peptides come from grass-fed cows and don't contain any fillers.

There are also keto-friendly collagens, such as [Perfect Keto Collagen](#), which contains MCT oil powder from coconuts. The fat from the MCT oil powder slows down the absorption of collagen so it can be used in the recovery of your muscles instead of turning into glucose.

So, collagen peptides mixed with MCT oil powder will be better absorbed and won't kick you out of ketosis.

Perfect Keto Collagen also comes in a delish [chocolate flavor](#) and you can use it in many recipes:

- [Keto Collagen Chocolate Smoothie](#)
- [Coconut Chocolate Collagen Bars](#)
- [Keto Bulletproof Coffee Recipe](#)

# Healthy Habits

## #9. Don't Smoke And Avoid Secondhand Smoke

Smoking can cause inflammation and the breakdown of collagen in your skin, leading to early signs of aging, wrinkles, crepey skin, and slower wound healing.

Even if you don't smoke, the second-hand smoke you inhale can also lower your collagen levels, so stay clear from smoking areas.

## #10. Protect Your Skin From The Sun

Sun exposure is the main external factor that causes skin damage. UV rays break down your skin collagen and prevent the production of new collagen, causing visible aging signs like discoloration, thickened skin and roughness.

Always wear sunscreen when you're going to be exposed to the sun and protect the delicate skin of your face with a hat.

## #11. Spend More Time In Nature

The air pollution common in cities can also decrease your collagen levels. Polluted air contains small particles that can enter your body through the hair follicles in your head and face, and they induce collagen breakdown, damage, and inflammation.

Try to spend more time outdoors away from the city to take a break from polluted air.