



Healthy Eating Tip

Sun Fighting Super Foods

Summer has finally arrived, bringing more sun and ultraviolet (UV) rays to the surface. We hear all the time, “the sun is good for our health” and “the sun can cause cancer”, but which is it? Well, technically it is both. The saying “everything in moderation,” also applies to sun exposure. The sun has the ability to help our health, but only if we use it wisely.

The Positive Side to Sun Exposure

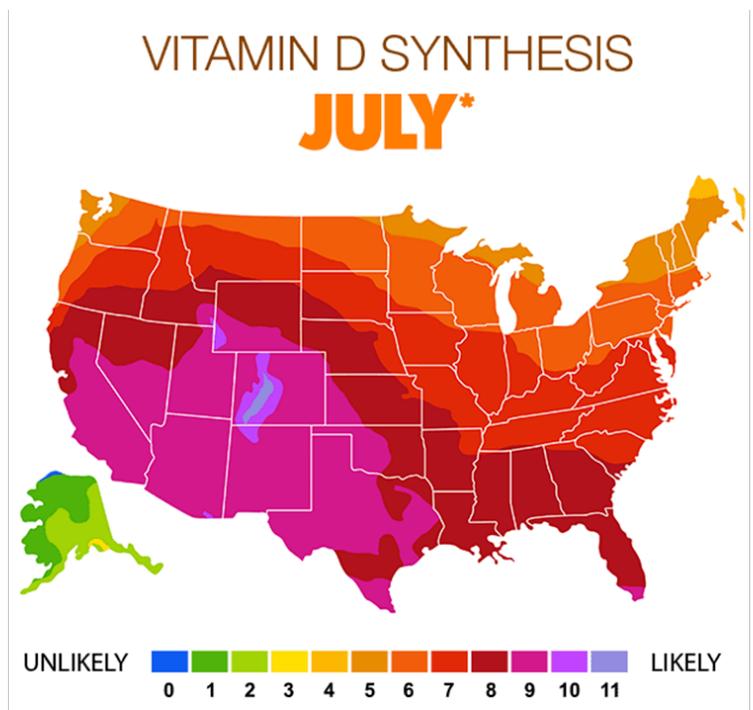
The sun exudes an important vitamin, *Vitamin D*, that helps keep our bones strong and healthy as well as free from cancers, diabetes, and heart disease. According to Skin Cancer Foundation, we can reap the benefits of sunshine in about 10 to 15 minutes, respectively.

The Negative Side to Sun Exposure

However, after the 10 to 15 minutes of exposure, our bodies automatically start to dispose of the “sunshine vitamin” to avoid a surplus amount. This can result in the production of free radicals, which are oxygen molecules that generate inflammation and damage skin cells which adds to the risk of developing skin cancer.

If not from the sun itself, how can we fight off the effects of excessive UV exposure?

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Source for UV Index: <https://www.epa.gov/sunsafety/sun-safety-monthly-average-uv-index>
*The figure provided is an estimate and can vary depending on the person and/or climate change.



From Corporate Fitness Works Health Fitness Specialist, Leanne Bishop

Healthy Eating Continued...

Save Your Skin by the Food You Eat

A key strategy we can use to help fight the negative effects of the sun is eating as healthy as possible. There is an increasing amount of evidence that foods high in certain nutrients may help reduce skin damage and even risk of skin cancer. *What kind of nutrients?* An anti-inflammatory substance, called antioxidants, can assist in fighting off free radicals and help prevent the damage that causes skin cancer. These antioxidants can be found in Vitamins D, C and E, Beta Carotene, Lycopene, Omega-3 Fatty Acids, Polyphenols, Selenium and Zinc. Additionally, nutritionists suggest combining foods with these antioxidants for additional benefits. The more diverse and colorful the food, the more artillery you accumulate in your sun-fighting army.

Get your Antioxidants Here

Almost all experts agree that eating foods rich in the nutrients listed below are good for your overall health. Not only are these immune boosters essential for fighting skin damage, they also protect against other cancers and conditions ranging from diabetes to heart disease. Now that you know what these super foods can do, it is up to you to incorporate them into your diet. Dig in!

Below is a list of the antioxidants with examples of their sun-fighting super foods.

Vitamin D	Vitamin C	Vitamin E			
<ul style="list-style-type: none">Fatty fishMilkOrange juice	<ul style="list-style-type: none">Egg yolkBeef liverCheese	<ul style="list-style-type: none">OrangesLemonsLimesStrawberries	<ul style="list-style-type: none">RaspberriesLeafy greensBroccoliBell peppers	<ul style="list-style-type: none">NutsSeedsSoybeans	<ul style="list-style-type: none">SpinachWheat germ
Beta Carotene	Lycopene	Omega-3 Fatty Acids			
<ul style="list-style-type: none">CarrotsSquashSweet potatoes	<ul style="list-style-type: none">ApricotsCantaloupeMangoes	<ul style="list-style-type: none">TomatoesWatermelonGuava	<ul style="list-style-type: none">PapayaApricotsGrapefruit	<ul style="list-style-type: none">SalmonSardinesMackerelHerring	<ul style="list-style-type: none">Albacore tunaWalnutsflaxseed
Polyphenols	Selenium	Zinc			
<ul style="list-style-type: none">Green teaBlack tea	<ul style="list-style-type: none">Brazil nutsChicken	<ul style="list-style-type: none">Grass-fed beef	<ul style="list-style-type: none">BeefLambShellfish	<ul style="list-style-type: none">ChickpeasLentilsBlack beans	

Sources:

<https://www.epa.gov/sunsafety/sun-safety-monthly-average-uv-index#tab-7>

<https://www.skincancer.org/healthy-lifestyle/vitamin-d/damage>

<https://www.skincancer.org/prevention/can-your-diet-help-prevent-skin-cancer>

<https://www.drkellyann.com/five-natural-ways-to-protect-your-skin-from-the-sun/>