

# EAT UP THE SEASON

## *Eat Your Sunscreen*



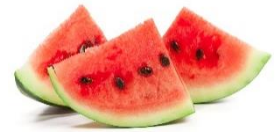
Arming yourself with sunglasses and plenty of sunscreen is an absolute must for summertime skin health and UV protection. But why not add an extra layer of protection from the inside out? It turns out, the foods you eat can help your skin stay protected from the harmful effects of the summer sun's strong UV rays. Here are some skin-loving foods to add to your summer diet.



Tomatoes are an excellent source of lycopene, an antioxidant that may help protect against sunburn. While fresh ripened tomatoes are a healthy choice, lycopene is actually better absorbed when tomatoes are processed, especially with olive oil.



Blueberries - especially wild varieties - are rich in antioxidants, which protect against free radicals that can damage skin due to sun exposure. They're also a great source of vitamin C, which helps reverse premature aging caused by sun damage.



Watermelon is another great source of lycopene, which absorbs both UVA and UVB radiation. One study found that eating watermelon every day eventually led to lycopene acting as a natural sunblock. Of course, that doesn't mean you can skip on actual sunblock!



Oranges, grapefruit, and kiwi are loaded with vitamin C, which protects against free radical damage from the sun that can cause skin aging.



Cauliflower contains potent antioxidants that help fight off oxidative stress from free radicals. It also has histidine, an alpha-amino acid that stimulates the production of urocanic acid, which absorbs UV radiation.



Salmon, sardines, and trout are great sources of omega-3s, which can help make sunburn less severe and may help prevent skin cancer. Plant-based omega-3s in seeds and nuts are a source of vitamin E, which helps protect the skin and prevent moisture loss from cells.



Beta-carotene found in carrots, sweet potatoes, and leafy greens is a strong antioxidant that can protect your skin from damage caused by overexposure to the sun. It also helps decrease redness in the skin when it's exposed to UV light.



Green tea contains polyphenols called catechins, which may help protect skin from sun damage and skin cancer, according to preliminary research. Another study found that it reduced skin damage from UVA light and protected against the decrease of collagen, which gives skin its integrity and firmness.

Research suggests that WHEN you eat these foods matters. Our skin appears to have its own circadian clock – a daily cycle of enzyme production that helps repair UV damage. If you have a normal eating schedule, you're better protected from UV during the daytime. If you have an abnormal eating schedule, it could cause a harmful shift in your skin clock leaving you less protected.

Sources: [www.cell.com/cell-reports/fulltext/S2211-1247\(17\)30988-9](http://www.cell.com/cell-reports/fulltext/S2211-1247(17)30988-9) | [www.cnn.com/2019/05/17/health/healthy-skin-diet-sunscreen-drayer-food](http://www.cnn.com/2019/05/17/health/healthy-skin-diet-sunscreen-drayer-food)  
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