

# EAT YOUR SUNSCREEN

Iced green tea and mint help shield your skin

High-SPF sun block is hands-down your best skin cancer defense, but you may be able to add protection from the inside out. In studies on people, animals and skin cancer cells, certain nutrients blocked ultraviolet (UV) sunlight-triggered changes that can lead to cancer. So load up on those nutrients by eating more of these superstar sources.

€ Red, yellow and orange fruits and vegetables contain carotenoids, which reduced sunburn – a skin cancer risk factor – in studies in humans.

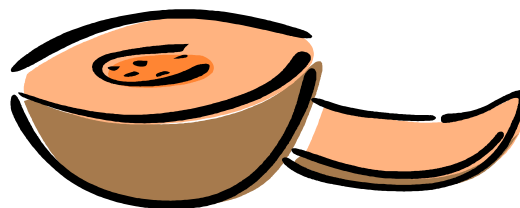
€ Tart cherries and peppermint leaves are rich in perillyl alcohol, recently found to stop cancer formation in human cells under intense UV light.

€ Leafy greens have lutein and zeaxanthin, which stopped UV-induced cell proliferation in Harvard animal studies.

€ Green tea contains antioxidants called EGCGs which blocked DNA damage in light-exposed human skin cells at the University of Wisconsin.

€ Oranges, lemons, and limes have limonene, linked to a 34% reduction in skin cancer risk among 470 people in a University of Arizona study.

€ Wild salmon is a safe source of fish oils, which protected 42 people in a British study from UV-induced sunburn and cancerous DNA changes.



## SUNSCREEN SOUP\*

- 1 large cantaloupe, cubed
- 2 Tbsp honey
- Juice of 3 limes
- Pinch of cardamom
- 4 strawberries (garnish)

Microwave cantaloupe on medium for 2 minutes. Blend with remaining ingredients until smooth. Serve in chilled bowls; garnish with strawberries.

Makes 4 servings

(Prevention.com August 2004)

\*not to replace the use of topical sun block.