

5 Foods that fight SUNBURN



TOMATOES

Lycopene is what makes tomatoes red. Ironically, it also helps prevent your skin from becoming red! Plus, studies have shown tomatoes can help keep your skin looking young.



POMEGRANATE

Pomegranates contain ellagic acid. This acid is known to protect skin from UVA and UVB damage caused by the sun.



POTATOES

Okay, so potatoes can't actually prevent sunburn. However, the starchy compound of potatoes can help reduce the sting! If you don't have any aloe, rubbing a potato on your skin is the next best thing.



SALMON

Salmon contains omega 3, which helps protect cells from sun damage. Omega 3 is known to increase the amount of time it will take the sun to affect your skin.



STRAWBERRIES

Strawberries are high in Vitamin C, which helps protect the skin. If you do end up getting burned, strawberries also produce tannins that help reduce the pain of sunburn.

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net