

6 Foods That Can Protect Your Skin from Sun Damage

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You may have heard that sunscreen you can eat may soon be a reality but the edible SPF were talking about has nothing to do with actually drinking your sunscreen.

In fact, we would like to say now that you should not, under any circumstances attempt to do that. We're talking about foods that can naturally boost your skin's ability to defend itself from UV rays.

According to Nutrition expert and chef Ellie Krieger, eating foods that are rich in antioxidants can load your skin with natural UV blockers.

So hit the market for some very natural SPF with this list of Ellie's top UV-fighting foods, in no particular order.

1. Salmon - Krieger said that the Omega-3s in fish, especially those contained in salmon can help fight the inflammation and damage caused by the sun.
2. Tomatoes - These juicy gems are the number one source of lycopene, powerful defense against the aging effects of the sun. Fresh tomatoes are terrific, but cooking them concentrates their lycopene, so tomato sauce is even better for your skin.
3. Kale – This dark leafy green is rich in polyphenols, which help boost your skin's ability to protect itself. It is also rich in lutein, which is well known for its contributions to eye health but also happens to be a potent protector against UVA damage to the skin.
4. Carrots – These veggies are full of carotene, it's the same stuff that can turn your skin orange if you eat too many. This compound has been shown to help skin fight against some types of sun damage.
5. Tea (Black or Green) – A warm cup of tea has serious antioxidant powers from polyphenols that have even been shown to curb the growth of skin cancers in some studies.
6. Grapes (Red or Purple) - Dark colored grapes are packed with flavonoids, which can help reduce UV damage, according to Krieger.
6. Oranges – Any food that's rich in vitamin C helps your skin fight UV damage. Oranges are great source of vitamin C but don't forget that other foods, like strawberries and bell peppers, have a lot of vitamin C too.

Of course eating these foods is not a substitute for sunscreen. So double up on the protection and boost your skin's UV defenses from the inside and from the outside, with a moisturizer that contains SPF.