

SUN-SAFETY FOODS

Photo-protective foods that will keep your skin young-looking.

From bikinis and tank tops to suntan lotion and sun hats -- as Canadians, we revel in every minute of sunshine we can get in our short summer months. While enjoying the summer, it is also important to practice some sun safety guidelines for protection against skin cancers, cataracts and pre-mature wrinkling. According to expert consensus, the sun should be avoided when the UV index rating is 3 or higher. In addition, experts now agree that 5-10 minutes of unprotected sun exposure in low sun times is beneficial for the production of vitamin D. Vitamin D is necessary for strong bones and muscles, helps prevent fractures in the elderly and is a powerful anti-cancer nutrient. When the sun does reach a higher UV index rating, cover up with clothing and sun lotion with an SPF factor.

Along with the above recommendations, there are also specific foods that have been shown to be photo-protective -- helping to repair UV damage caused by the sun, decrease redness and improve the look of skin. These foods should be eaten in abundance during the summer months and include:

Green tea: In addition to being a powerful anti-cancer and boosting metabolism, green tea has been shown to be beneficial for skin. In fact, green tea is now popping up in a myriad of skin care products and is being touted as an "anti-aging", "anti-wrinkle" ingredient. When applied topically, green tea has been shown to decrease the direct effects of sunburn. In addition, drinking green tea provides an abundant amount of anti-oxidants which help slow down the aging process. Lastly, green tea has been shown to decrease inflammation caused by sun exposure.

Tomatoes and watermelon: The red hue of tomatoes and watermelon are indicative of a powerful plant chemical called lycopene. Lycopene has been well documented to provide protection against a variety of cancers including prostate cancer. In terms of sun protection, lycopene has been shown to reduce skin cell damage and redness caused by the sun. Watermelon is topping the charts in terms of lycopene amount with a whopping 40 per cent more lycopene in comparison to raw tomatoes. When eating tomatoes, try to eat them with a healthy fat in order to increase the absorption of lycopene. For example, put a teaspoon of olive oil in your tomato sauce.

Blueberries: All fruits are known for their health benefits, however, blueberries appear to be topping the charts for their anti-oxidant value. According to the US Department of Agriculture Analyses, blueberries have 40 per cent more antioxidant capacity than strawberries. Blueberries are high in vitamin C and can help prevent skin cancers and reduce the signs of aging.

Cold-water fish or fish oils: By eating cold water fish such as salmon and tuna or supplementing with fish oils, you will reap the benefit of the derivative of omega-3 fats called EPA. EPA has been shown to decrease inflammation, provide moisture to skin and prevent UV damage. When selecting fish, choose light tuna instead of white albacore tuna (which is lower in mercury) and wild salmon instead of farmed salmon (lower in chemical pollutants called PCB's). When choosing a fish oil supplement, choose one that is distilled and enteric coated in capsule form.

Wishing you a wonderful and healthy fun-filled summer!

Source: http://www.canadianliving.com/health/prevention/sun_safety_foods.php

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FIRST AID ADVICE FOR SUNBURN

Sunburn (also known as erythema) is caused by overexposure to ultraviolet radiation. While the symptoms are usually temporary (such as red skin that is painful to the touch), skin damage is often permanent and can develop into serious long-term health effects, including skin cancer. Mild sunburn results in skin irritation and redness and can be safely treated at home. Severe sunburn requires medical attention. The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer.

Possible symptoms include:

* Red, tender skin that is warm to the touch * Blisters that develop hours or days later * Severe reactions (also called "sun poisoning"), including fever, chills, nausea, or rash * Peeling skin on sunburned areas several days after the sunburn

What to do:

* Immediately remove the person from the sun. * Place the person in a cool (not cold) shower or bath, or apply cool compresses several times a day. **Do not** wash burned skin with harsh soap. * Avoid creams or lotions that may hold heat inside the skin or may contain numbing medication (i.e. benzocaine or lidocaine). Aloe gel can be used. * Offer the person extra fluids for the next two to three days. * If needed to relieve pain, give the person ibuprofen or acetaminophen, as directed. **Do not give aspirin to children.** * Make certain all sunburned areas are fully covered to protect the person from further sun exposure.

Seek immediate medical attention if the person has:

* Sunburn that forms blisters or is extremely painful * Facial swelling * Nausea, fever or severe chills * Pale, clammy or cool skin * Rapid pulse or rapid breathing * Headache, confusion or a feeling of faintness or dizziness * Signs of dehydration (increased thirst, dry eyes and mouth, no urine output) * Signs of skin infection (increasing redness, warmth, pain, swelling or pus) * Eyes that hurt and are sensitive to light

Remember: The best treatment for sunburn is prevention (see Sun Safety Basics). There is no such thing as a "healthy tan." Unprotected sun exposure causes skin and eye damage, premature aging of the skin, and a weakened immune system. Skin cancer usually appears in adulthood, but can be caused by excessive sun exposure and sunburns in childhood. You can help prevent skin cancer by protecting your skin and your children's skin from the harmful rays of the sun. <http://www.hc-sc.gc.ca/hl-vs/sun-sol/protect-protegez/sunburn-coup-de-soleil-eng.php>

And the Winner is...

ANGELLA COLEY

For the month of...





Summer Food Safety Tips

The risk of foodborne illness increases during the summer when temperatures are warmer and people are more likely to be cooking outdoors. Harmful bacteria grow quickly in warm, moist conditions, so certain food safety measures should be taken. Here are some food safety tips that can help keep you and your family safe from foodborne illness.

Chill

Keep raw foods cold. This can be a challenge when you are outdoors, especially with raw meat, poultry, and seafood. Use a cooler to store your food. Use plenty of ice packs to make sure it is kept out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Keep the cooler out of direct sunlight, and avoid opening it too often. If you use two separate coolers for food and drinks, the one with the food will not be opened as often, so it will stay cold longer. On hot summer days, don't keep food unrefrigerated for more than two hours. Remember: when in doubt, throw it out!

Separate

Make sure to keep your raw meat, poultry and seafood away from other foods so that you don't spread foodborne bacteria between foods. You can avoid cross-contamination by packing or wrapping meat, poultry and seafood separately or by using separate containers which will prevent leaks. If you are packing vegetables in the same cooler, always put meat, poultry and seafood at the bottom of the cooler to keep juices from dripping onto other foods. Never put ready-to-eat or cooked food on the same plate that held raw meat, poultry or seafood. For cooking outdoors, consider taking along several sets of utensils, cutting boards, or plates. This can help prevent cross-contamination.

Clean

Make sure that your hands, plates and utensils are clean. This will help reduce the risk of foodborne illness. Follow the same washing instructions outdoors as you do at home. Bring soap and wash your hands with warm clean water for at least 20 seconds.

Cook

Bacteria such as *E. coli*, *Salmonella* and *Listeria* can be killed by heat. Raw meat, poultry and seafood must be cooked properly to a safe internal temperature (see chart below) to eliminate these bacteria.

Internal Cooking Temperatures

You can't tell by looking. Use a digital food thermometer to be sure!

Food	Temperature
Beef, veal and lamb (pieces and whole cuts)	
Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
Pork	
Pork (pieces and	71°C (160°F)
Poultry (e.g. chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	85°C (185°F)
Ground meat and meat mixtures (e.g. burgers, sausages, meatballs, meatloaf, casseroles)	
Beef, veal, lamb and	71°C (160°F)
Poultry	74°C (165°F)
Egg dishes	
Egg dishes	74°C (165°F)
Others	
Others (e.g. hot dogs,	74°C (165°F)

What the Government of Canada does to keep our food supply safe

The Government of Canada is committed to food safety.

Health Canada establishes regulations and standards relating to the safety and nutritional quality of foods sold in Canada. Through inspection and enforcement activities, the Canadian Food Inspection Agency verifies that food sold in Canada meets Health Canada's requirements.

<http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/summer-safety-salubrite-ete-eng.php>

Asparagus Ribbons with Lemon and Goat Cheese

Creamy goat cheese crowns a refreshingly bracing salad. Because the asparagus is shaved, it does not have to be cooked. Thick asparagus spears work best when it comes to making ribbons like these.

Ingredients

- * 1 pound large asparagus spears, trimmed
- * 1 1/2 cups cherry tomatoes, halved
- * 2 tablespoons finely chopped fresh chives
- * 2 tablespoons fresh lemon juice
- * 2 teaspoons extra virgin olive oil
- * 1/2 teaspoon freshly ground black pepper
- * 1/2 teaspoon Dijon mustard
- * 1/4 teaspoon sugar 1/4 teaspoon salt
- * 1/2 cup (2 ounces) crumbled goat cheese

Preparation

Hold each asparagus spear by the tip end. Shave asparagus into ribbons with a vegetable peeler to measure 3 cups. Reserve asparagus tips for another use. Combine asparagus and tomatoes in a medium bowl. Combine chives and next 6 ingredients (through 1/4 teaspoon salt), stirring with a whisk. Drizzle over the asparagus mixture, tossing gently to coat. Top with goat cheese.

Nutritional Information (per serving)

Calories: 47; Calories from fat: 54%; Fat: 2.8g; Saturated fat: 1.2g; Monounsaturated fat: 1.3g; Polyunsaturated fat: 0.2g; Protein: 2.7g; Carbohydrate: 3.7g; Fiber: 1.4g; Cholesterol: 3mg; Iron: 1.3mg; Sodium: 105mg; Calcium: 26mg



Source:

<http://www.myrecipes.com/recipe/asparagus-ribbons-with-lemon-goat-cheese-10000001634752/>