



Monthly Newsletter

# Nutrition for a Safe and Happy Summer



**Nutrition can help to protect your skin from the sun's rays!**

Here are 5 Tips to help protect your skin....

1. **Vitamin D** – the sun is an excellent source of vitamin D, unfortunately there is a risk of skin cancer from the harmful UV rays. To ensure that you get enough vitamin D, make sure to eat 2-3 servings of fatty fish each week. Read the labels and look for products that are fortified with vitamin D such as milk, soy and rice beverages, calcium – added orange juice and other dairy products. The Canadian Cancer Society recommends consuming 1,000 International Units (IU) of vitamin D daily during the fall and winter months or all year if you are older, have dark skin or wear protective clothing or sunscreen when outside.

2. **Broccoli** - "Don't forget to eat your broccoli."

Vegetables like broccoli come attached with a host of health benefits.

Less often heard was that extracts from broccoli, when applied to the skin, may provide health benefits as well. But new research has found that doing just that may help reduce the redness and inflammation caused by sun damage — and subsequently decrease the risk of skin cancer.



3. **Vitamin C**- vitamin C rich foods may help to prevent dry skin caused by aging. It is an important anti-oxidant that scoops up free radicals in our bodies. Eating whole foods is more powerful and effective than taking a supplement. Vitamin C rich foods include parsley, broccoli, peppers, strawberries, oranges and other citrus fruits such as papaya, kiwi, and green leafy vegetables.

4. **Seeds-** seeds, nuts and vegetable oils are an important source of Vitamin E, another important antioxidant. Nuts are also a good source of linoleic acid, a polyunsaturated fatty acid that might help with reducing dry skin.
  
5. **Tomato** – Tomatoes are high in lycopene, an antioxidant that helps to lower the risk of heart disease and cancer. Fresh tomatoes are the best way to get these delicious nutrients, but tomatoe sauce and ketchup also have benefits!

## **Broccoli, Mushroom and Orange Salad**

### **Ingredients**

#### **SALAD**

1/2 cup seedless golden raisins - softened/plumped in warm water 15 minutes  
1/2 cup dried, unsweetened cranberries - softened/plumped in warm water 15 minutes  
8 slices crisp-cooked bacon - drained on paper towels and coarsely chopped/crumbled  
2 small-medium oranges - peeled, cut into segments over a sieve/bowl and drained (reserve juice for dressing)  
4 cups broccoli florets - cut into bite-size pieces  
2 cups thinly sliced, white mushrooms  
1/2 of one medium red onion - thinly sliced and separated into rings  
1/2 cup unblanched sliced almonds - toasted

#### **DRESSING**

1-1/2 tablespoons packed brown sugar  
2 teaspoons dry mustard  
1 tablespoon fine orange zest  
2/3 - 3/4 cup mayonnaise  
2 tablespoons reserved orange juice  
sea salt and freshly ground pepper to taste

### **Preparation**

#### **SALAD**

Drain and pat dry the raisins and cranberries. Place in a large bowl that has a tight fitting lid. Add the bacon, oranges, broccoli, mushrooms, and onions. Toss gently to combine, cover and refrigerate 3-4 hours. Shake/invert bowl occasionally to redistribute any juices that collect.

#### **DRESSING**

In a small bowl, whisk brown sugar, mustard and orange zest until evenly mixed. Add mayonnaise, orange juice, salt and pepper, and whisk until well blended. Cover and refrigerate until ready to serve.

Just prior to serving, drain any accumulated juices from the salad. Add the almonds and toss. Add just enough dressing to thoroughly moisten, tossing gently until well mixed. Transfer to a salad bowl, serve and ENJOY!