Keep the “Fun” in the Sun Fun

Summer is here! The weather is heating up. The sun is shining bright. Who doesn't want to enjoy a fun day on the water, barbecuing or tanning? Keep it fun by protecting your skin!

With skin cancer being the most common of all cancers, and unprotected and/or excessive sun exposure as a major risk factor, it is important to protect yourself.

The American Cancer Society offers some helpful hints:

**Slip**
- Slip on a shirt
**Slop**
- Slop sunscreen
**Slap**
- Slap on a hat

Other protective measures:
- Use at least 30 SPF sunscreen
- Seek shade
- Protect skin with clothing
- Wear a hat
- Wear sunglasses to block UV rays

**Sunscreen: Use it Right**
- Sunscreen is a filter: sun still gets through
- Pay close attention to face, ears, neck and arms, and what is not covered by clothing

Avoid the two most common sunscreen mistakes:

1. **Using too little.** About 1 ounce of sunscreen (the size of a golf ball) should be used to cover the arms, legs, neck, and face of the average adult.

2. **Waiting too long to reapply.** Most sunscreens should be reapplied at least every 2 hours and even more if you are swimming or sweating. Products labeled “waterproof” may provide protection for at least 80 minutes of sun activity. Products that are “water resistant” may provide protection for only 40 minutes.

Cooking Out for the Fourth!

When eating the classics this summer, look out for the great benefits. Celebrate America by partaking in some of our delicious foods from right here at home.

**Barbecued Chicken**
- Most chicken you eat comes from the Southeast United States
- Instead of dark meat legs and thighs, try skinless chicken breasts
- Chicken is a great source of protein, vitamin B6 and niacin

**BBQ Sauce**
- Beware! Some really pack on the calories
- They may also be high in sodium contributing nearly 20% of the recommended daily intake in 1 serving!

**Mustard**
- Great flavor with 0 calories of fat or cholesterol.
- Watch out for the sodium!

**Tomatoes**
- High in vitamin C, potassium, and fiber
- Good source of antioxidants

**Potatoes**
- White potatoes offer good nutrition with 20% daily potassium and 30% daily vitamin C

**Corn**
- Vegetable source
- Full of nutrients such as vitamin C, beta carotene, and a good source of fiber.
- Only about 130 calories!

**Watermelon**
- A delicious alternative to the cake and cookies!
- 1 cup of watermelon has only 50 calories.
- Packed full of vitamin C, antioxidants, vitamin A.

*According to Academy of Nutrition and Dietetics*