

Food sun blocking  
secret:  
Antioxidants!

**A**ntioxidants are great and useful substances that block the activity of awful free radicals. Free radicals are highly reactive and have the potential to cause damage to cells, including damage that may lead to cancer.



It is proven, that antioxidants are helpful in protection from UV radiation. That's why we should consume product rich in antioxidants.

Here is the list of products high in this countless compound:

**Vegetables and fruits**

- ⇒ Carotenoids - rich vegetables  
red and yellow coloured vegetables, cruciferous vegetables — broccoli, kale, and cauliflower
- ⇒ Vegetables and fruits rich in vitamin c  
acerola cherry, rose hip, berries, guava, kiwi, papaya, grapes and all citrus fruits
- ⇒ Tomato—high in lycopene
- ⇒ Pomegranates—high in polyphenols

**Vitamin E rich products**

- ⇒ green leafy vegetables (including herbs),  
vegetables oils, nuts, seeds

**Cocoa**—high in phenols and catechins

**Omega 3-rich fish**

- ⇒ salmon, mackerel, sardines



Even if antioxidants are helpful in protection from the sun

burning, they don't replace the need to use sunscreens. Foods high in antioxidants are highly effective, however they are just a wonderful addition to the protective value of a well-formulated sunscreen.

**The best results you can obtain when combination of both is used.**

*food is not everything!*



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