

BEST FOODS FOR PHOTOPROTECTION

CAROTENOIDS

- Tomatoes
- Sweet potatoes
- Carrots
- Watermelon
- Goji berries

ISOTHIOCYANATES

- Broccoli / broccoli sprouts
- Cabbage
- Brussel sprouts
- Watercress
- Turnips
- Cauliflower
- Radishes

β-GLUCAN

- Bran
- Wheat germ
- Baker's yeast
- Mushrooms
- Oats
- Barley

POLYPHENOLS

- Berries: Raspberries, strawberries
- Pomegranite
- Nuts
- Whole grain cereals
- Soybeans
- Green tea (drank and topically applied)
- Black tea
- Red grapes / Red wine
- Onions
- Citrus fruits
- Grapeseed extract
- Herbs: Lemon balm, rosemary, oregano, sage, thyme, peppermint, curcumin
- Milkweed oil (used topically)

ESSENTIAL FATTY ACIDS

- Fatty cold water fish
- Papaya
- Broccoli
- Kale
- Durian
- Acai berries
- Tamarind
- Flaxseeds
- Walnuts

ANTIOXIDANTS

- Pomegranite
- Goji berries
- Walnuts
- Blackberries
- Blueberries
- Artichoke
- Most beans
- Vitamin C: citrus fruits, strawberries, mango, cauliflower, broccoli, potatoes
- Co-enzyme Q10: Supplements may be necessary. Found in: meat products, spinach, broccoli, peanuts, wheat germ, whole grains.
- Alpha lipoic acid: spinach, broccoli, brewer's yeast