



# Nourish

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## Nourish Your Skin

Did you know that skin is the largest organ of the body? It is our first layer of defense and is comprised of several layers. Skin helps our bodies retain moisture, acts as a barrier against injury and helps us detect temperature, among its many functions.

Just like the rest of our body, maintaining healthy skin requires proper nutrition. We need adequate protein from plant and animal sources. A variety of vitamins and minerals helps keep our skin healthy.

- **Vitamin A** helps keep our skin and mucous membranes healthy. Vitamin A is formed from carotenoid pigments in dark orange, gold or green vegetables, such as carrots, winter squash and spinach. Vitamin A is found in milk, eggs and liver.
- **Vitamin C** is needed for our body to make collagen, which is part of our connective tissue. It helps scratches and other wounds heal. Citrus fruits, tomatoes, red peppers, cantaloupe and strawberries are among the many good sources of vitamin C.
- **Vitamin D** helps maintain the cells of the outer layers of the epidermis. It is found in salmon, tuna, fortified foods such as milk and orange juice. Vitamin D also helps keep our bones strong, among its many functions.
- **Vitamin E** is an antioxidant that helps protect our body from environmental stress. Nuts, seeds, fortified foods and vegetable oils such as sunflower oil are good sources.
- **Selenium** and **zinc** are minerals that help maintain our skin cells. Nuts, meats, seafood and cereals are among the food sources.

Search for the NDSU Extension publication series, “**Now You’re Cookin’**” to learn more about fitting in more fruits, vegetables and other healthful foods while saving money. Each publication has recipes and tips.



## Avoid Too Much Fun In The Sun

As temperatures warm, we will spend more time in the sun. The Centers for Disease Control and Prevention and North Dakota Cancer Coalition recommend that we all take steps to protect our skin:

- Seek shade. Limit sun exposure during midday hours of 10 a.m. to 4 p.m.
- Wear clothing that protects your arms and legs.
- Wear a hat with a broad brim.
- Wear sunglasses with UVA (ultraviolet A) and UVB (ultraviolet B) ray protection.
- Wear sunscreen. The North Dakota Cancer Coalition recommends sunscreen with an SPF (sun protection factor) of 30 or higher.
- Avoid indoor tanning. Tanning beds are classified as a carcinogen according to the Food and Drug Administration.

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# Question

My grandchildren visit more often during the summer, and we spend lots of time outdoors. I know we all need to avoid getting sun burned and wear sunscreen. What kind is best and how much do I need to apply?

Wearing sunscreen is an excellent plan. Skin cancer is on the rise. You probably also want to seek shade as much as possible between 10 a.m. and 4 p.m. and wear a wide-brimmed hat. Ball caps do not protect your ears and neck as well as a hat with a wide brim.

Be a label reader when you purchase sunscreen. Many public health groups recommend a “sun protection factor” (SPF) of 30 or greater, and check that the label states it is “broad spectrum” (meaning it blocks both UVA and UVB rays). The Centers for Disease Control and Prevention (CDC) has these tips:

- Apply a thick layer of sunscreen about 20 minutes before you go outdoors. Don't forget your ears, neck, tops of feet (if you are barefoot or wearing sandals) and back of hands.
- Reapply every two hours or more often if you are perspiring.
- When swimming, reapply after getting out of the water.
- Apply sunscreen before insect repellent.



Sheet pan meals can make preparation and clean-up easier. This recipe is a good source of protein, whole grain brown rice and vegetables. You can personalize with added peanuts or other vegetables if you'd like. If you want to watch this recipe being prepared, see this [video](http://www.ndsu.edu/agriculture/extension/recipes/teriyaki-chicken-and-pineapple-fried-rice) ([www.ndsu.edu/agriculture/extension/recipes/teriyaki-chicken-and-pineapple-fried-rice](http://www.ndsu.edu/agriculture/extension/recipes/teriyaki-chicken-and-pineapple-fried-rice)) or visit the [NDSU Extension recipe collection page](#).



## Sheet Pan Teriyaki Chicken and Pineapple Fried Rice

- 1 pound chicken (breast or tenderloin)
- 1/3 cup teriyaki sauce, low sodium
- 3 cups brown rice, cooked
- 2 cups pineapple, diced (fresh or canned)
- 1 cup frozen peas and carrots
- 1 cup onion, diced
- 2 tablespoons sunflower oil or your favorite cooking oil
- 2 teaspoons garlic, minced
- 1/4 teaspoon ground ginger

Preheat oven to 400 F. Line the sheet pan with foil for easy cleanup. Create a boat with a second piece of aluminum foil to fit half the pan size. Place the chicken in a single layer in the boat and drizzle with teriyaki sauce. Cook in oven for 15 minutes.

While chicken is cooking, add the remaining ingredients to a bowl and stir to combine. After the chicken is done cooking for 15 minutes, add the rice mixture to the other half of the sheet pan. Spoon teriyaki sauce over chicken as necessary and return the pan to the oven. Cook for an additional 10 minutes or until chicken reaches 165 F. Carefully flip the teriyaki chicken onto the rice and serve.

Makes six servings. Each serving has 310 calories, 6 grams (g) fat, 22 g protein, 42 g carbohydrate, 4 g fiber and 360 milligrams sodium.