

2008  
SPECIAL  
ISSUE

# better nutrition

BETTERNUTRITION.COM

## buyer's guide!

keep-and-save health  
food store handbook



**SUPPLEMENT  
SAVVY** advice  
from **A to Z**

**personal  
best**  
product picks

**is your  
kitchen  
healthy?**  
what to eat &  
to buy

### sun care

Protecting your skin from exposure to the sun's harmful rays is one of the smartest things you can do. Not only do you have to worry about UVB rays, which cause sunburn, but you also need to be concerned about UVA rays, which cause wrinkles, dryness, sagging skin, hyperpigmentation, and premature aging. Keep in mind that a product's sun protection factor (SPF) indicates protection against UVB rays only. To protect against UVA rays, select a

sunscreen with micronized zinc oxide or titanium dioxide that absorb and reflect rays away from the surface of the skin. The label should read, "UVA/UVB protection."

**product picks: ALL TERRAIN  
TERRASPORT SPF 30**



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