

# ABC's of Health & Wellness

## UV Rays

- ◆ Spring is here and that means summer is vastly approaching! Time to start thinking about Ultraviolet radiation (UV Ray) safety tips:
  - **Protect your lips:** Just like sunscreen, your lip balm should provide a minimum of SPF 15 protection.
  - **Be extra careful around water, snow, concrete and glass:** All of these reflective surfaces can magnify the strength of damaging UV rays.
  - **Become familiar with your moles, blemishes, freckles, etc., and check your skin monthly for any changes:** Pay special attention to face, ears, lips, nose and other often overexposed areas.



Wasabi



## Vegetables & Wasabi

Here are some helpful tips about Wasabi and benefits of other vegetables too:

### Wasabi:

- Wasabi is grown in Japan, Tasmania, Hawaii and Oregon; fresh Wasabi is harvested year round.
- Wasabi contains potassium, calcium and vitamin C. However, used as a condiment in small amounts, wasabi does not qualify as a significant source of nutrients.

### Vegetables:

- All the Green-Yellow-Orange vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin C, vitamin A, and vitamin K.
- Vegetables, too, are home for many antioxidants that help protect the human body from oxidant stress, diseases and cancers, and help the body develop the capacity to fight against these by boosting immunity.

One more ABC's of  
Health & Wellness coming  
your way next week!!

Want to start cooking  
with Wasabi?! Try this link:

[http://  
www.bonappetit.com/  
ideas/wasabi-recipes/  
search](http://www.bonappetit.com/ideas/wasabi-recipes/search)