



Employee FAQ: Diet and Skin Cancer Prevention

Can what you eat and drink help prevent skin cancer?

Scientists have studied a wide variety of foods and supplements and their role in preventing melanoma skin cancer for decades. There is some data that diet may provide some protection. Overall, a balanced diet high in fruits and vegetables with weekly servings of fish (healthy fats) seems to have a protective effect against skin cancer, as it does with other cancers. Drinking more than one cup a day of coffee with caffeine also seems to reduce skin cancer risk. Lastly, research suggests avoiding alcohol while spending time in the sun. It may decrease the amount of protective vitamins in the skin. The bottom line is that food and beverages are not the best defense against skin cancer. Cover up, find shade, and wear sunscreen.