

The 2011 Guy Food Guide

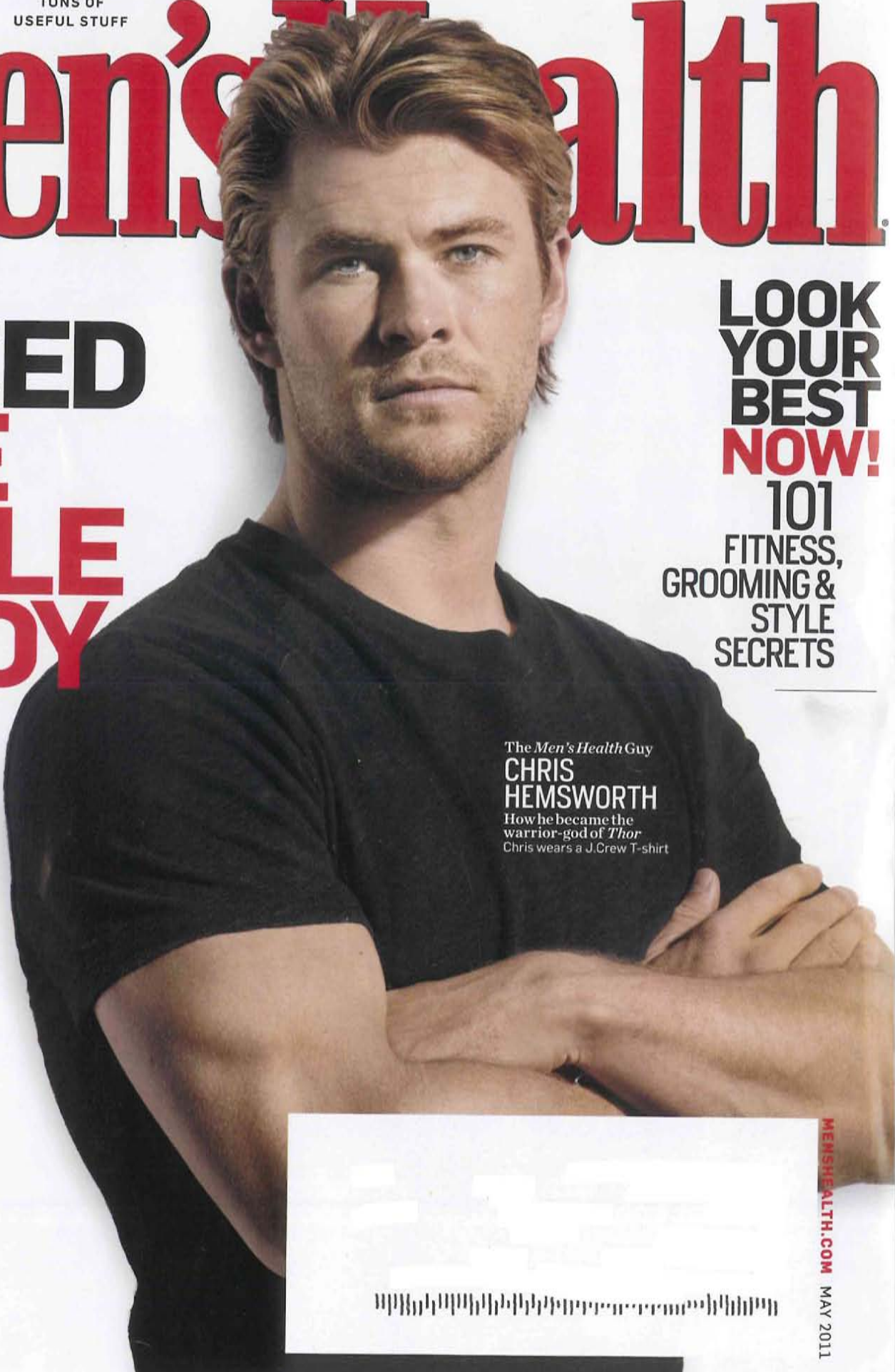
TONS OF  
USEFUL STUFF

# Men's Health

HOW  
TO FEED  
THE  
MALE  
BODY

LOOK  
YOUR  
BEST  
NOW!

101  
FITNESS,  
GROOMING &  
STYLE  
SECRETS



FLAT-BELLY  
FOODS  
YOUR  
MUSCLES  
NEED

18  
ULTIMATE  
GAME-  
WATCHING  
SNACKS

SEX FOR  
DESSERT:  
AN EROTIC  
NUTRITIONAL  
DIARY—WITH  
RECIPES!

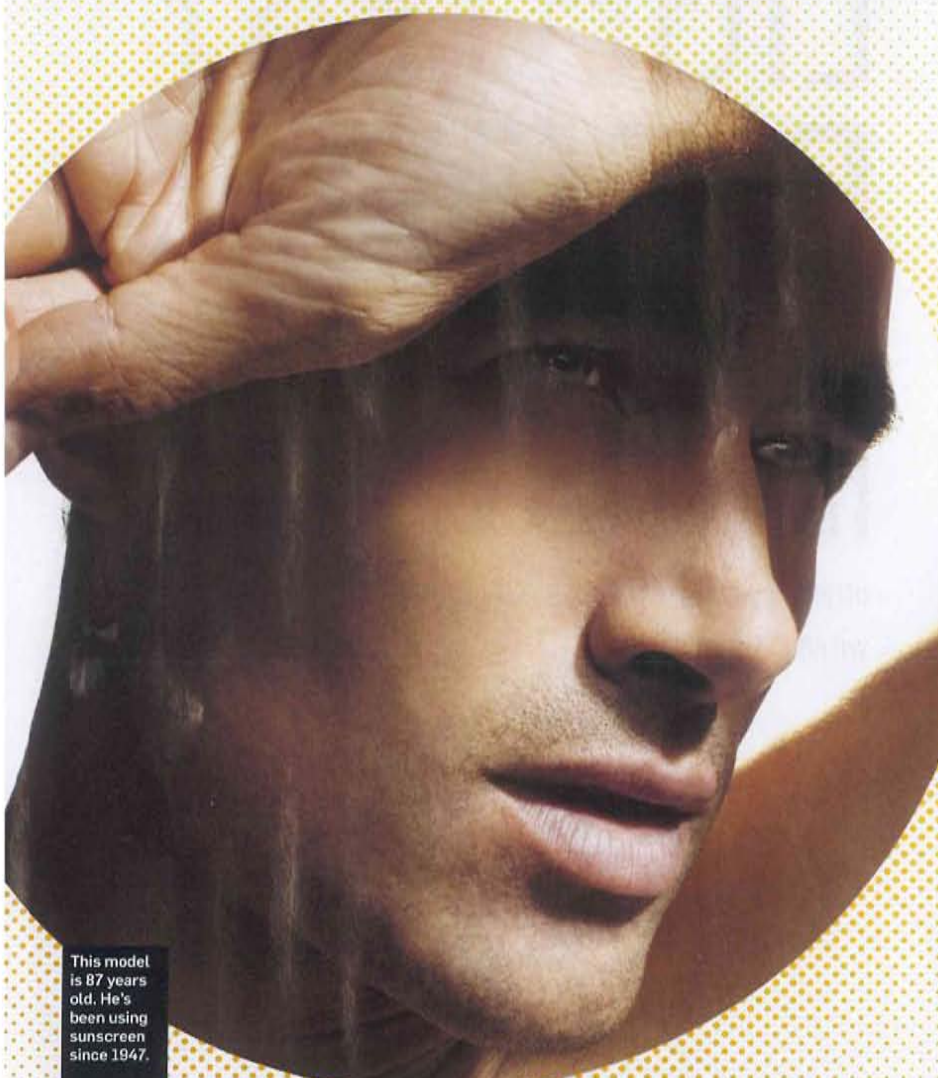
The Men's Health Guy  
**CHRIS  
HEMSWORTH**  
How he became the  
warrior-god of *Thor*  
Chris wears a J.Crew T-shirt

Advertisement area with a white background, a barcode, and the text **MEN'SHEALTH.COM** and **MAY 2011**.

# The Sun Also Fries Us

BLOCK A BURN WITH THESE SMART SKIN-SAVING PRODUCTS

Not a beach guy? Doesn't matter. If you don't use UV protection, even brief intervals of sun exposure—a walk here, sitting by a window there—can damage your skin, says Neal Schultz, M.D., a Manhattan dermatologist. Protect your most vulnerable areas.



This model is 87 years old. He's been using sunscreen since 1947.

## HANDS

Sleeves cover your arms, but your hands are left out there all alone. Some sunscreens need 30 minutes of skin contact before they start to work, so apply it before you leave the house.

Try **Lubriderm Daily Moisture with SPF 15 Lotion** \$4, [lubriderm.com](http://lubriderm.com)



## EYES

The skin under your eyes is the thinnest on your body, so that's where your Clint Eastwood squint starts to look alarmingly realistic. Sunglasses with UVA/UVB filters are good, but you're not always wearing them.

Try **Shiseido Sun Protection Eye Cream SPF 32 PA+++** \$35, [sephora.com](http://sephora.com)



## LIPS

Women's lipsticks and balms may help protect their lips, which may be one reason a 2010 study in the *British Journal of Dermatology* found that men are at a higher risk of lip cancer than women.

Try **Every Man Jack Lip Balm with SPF 15** \$5, [everymanjack.com](http://everymanjack.com)



## EARS

A study published in the *Skin Cancer Foundation Journal* found that cancer on the ears was more prevalent in men than women. So swab them down.

Try **Dr. Dennis Gross Powerful Sun Protection SPF 30** oil-free towelettes \$18, [dgskin.com](http://dgskin.com)



## FULL FACE

A blob the size of a quarter gives full protection, says Dr. Schultz. Using less may save money, but you're also reducing the cream's effectiveness by up to half.

Try **Neutrogena Men Active Protect Face Lotion SPF 50+** \$11, [neutrogena.com](http://neutrogena.com)



## SCALP

The crown of your head is a prime sunburn zone. But typical sunscreens turn your hair into a greasy mess.

Try **Axe Buzzed Look Cream with SPF 15** It works easily into your hair. \$6, [theaxeffect.com](http://theaxeffect.com)



### SPF 411

Test your sunscreen savvy

Source: American Cancer Society

**Is a higher SPF all that better for me than a lower SPF?**

Above SPF 15 you're not missing out on much protection. Just apply something. For more on the issue, check out this month's *MetroGrades*.

**Should I reapply waterproof sunscreen after swimming?**

Yes. It's not totally waterproof. Reapply it immediately after swimming or perspiring, and every 2 hours otherwise.

**Which ingredients provide the best protection?**

Look for products with avobenzone, ecamsule (a.k.a. Mexoryl SX), titanium dioxide, or zinc oxide. All of these stop most UVA and UVB rays.

**Is a bottle of sunscreen good for more than a year?**

Most are good for 2 to 3 years. If you haven't used it for a while, shake its bottle to remix the ingredients, which can separate over time.