

Antioxidants

What are Antioxidants?

Antioxidants are natural substances found in fruits, vegetables, grains, and legumes that neutralize free radicals, which have been associated with cardiovascular disease and cancer.

Vitamin C

Vitamin C helps protect against infections like the common cold.

Citrus Fruits
Bell Peppers,
Strawberries
Tomatoes
Broccoli
Spinach

Flavonoids

Flavonoids are associated with a decreased risk of cardiovascular disease.

Berries
Grapes
Cabbage
Olive Oil
Legumes
Chocolate
Pears

Carotenoids

Carotenoids may be effective in preventing prostate cancer, cancers of the intestinal tract, and promoting healthy vision.

Carrots
Sweet Potatoes
Apricots
Tomatoes
Kale
Collard Greens
Broccoli

Snacks with Antioxidants

Berry Smoothie:

1 Cup milk + 1 Cup frozen berries + 1/2 Cup ice cubes

1 ounce dark chocolate

Garden salad with fresh greens, tomatoes, and bell peppers

