

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:

240 mL milk + 240 mL frozen berries + 120 mL ice cubes

1 ounce dark chocolate

Garden salad with fresh greens, tomatoes, and bell peppers

