

Antioxidants

Eat your colors!

- ◆ Antioxidants protect your cells from damage. They defend your body's cells just like paint protects a car from rust.
- ◆ Cells need protection because oxygen, though necessary for life, creates dangerous by-products called free radicals. Free radicals cause cell damage which increase the risk of cancer, heart disease, cataracts, and a weakened immune system.
- ◆ Antioxidants come to your body's rescue by preventing the damaging effects of free radicals



Deeply colored vegetables and fruits are generally highest in antioxidants!

Well Known Antioxidants in food:



Beta Carotene



Vitamin E



Vitamin C



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Add Up Your Antioxidants

Does your diet include at least 1-2 antioxidant rich foods?

1. Look over the lists below
2. Place a check next to each food you ate yesterday. (If you ate several be sure to check them all!)
3. If you find you have not eaten 1-2 of each antioxidant group find your favorite ones and try to get them into your diet each day.

VITAMIN C-RICH FOODS

- Asparagus (1/2 cup cooked)
- Broccoli (1/2 cup cooked)
- Cantaloupe (1/2 cup cubed)
- Cranberry juice (3/4 cup)
- Orange Juice (3/4 cup)
- Orange (1 fruit)
- Pepper (sweet red 1/4 cup fresh)
- Spinach (1 cup fresh)
- Strawberries (1/2 cup)
- Vegetable juice (3/4 cup)

VITAMIN E-RICH FOODS

- Almonds (1/3 cup)
- Fortified cereals (check label)
- Hazelnuts (1/3 cup)
- Spinach (1/2 cup cooked or 1 cup fresh)
- Sweet potato (1 medium)
- Sunflower seeds (1/3 cup)
- Vegetable oils (use sparingly)
- Wheat Germ (1/4 cup toasted)

BETA CAROTENE-RICH FOODS

- Cantaloupe (1/2 cup cubed)
- Carrots (1/2 cup raw or cooked)
- Kale (1/2 cup cooked)
- Mixed Vegetables (1/2 cup cooked)
- Peas & Carrots (1/2 cup cooked)
- Pumpkin (1/2 cup canned)
- Spinach (1/2 cup fresh or 1 cup raw)
- Sweet potato (1 medium)
- Vegetable juice (3/4 cup)

