



Do You Know About Antioxidants?

Perhaps you have heard this odd term before, but don't feel bad if you don't know what an antioxidant is. A lot of adults don't even know! However antioxidants are quite simple, but are very important.

An antioxidant is simply a substance that can prevent damage to your body's cells and help fix ones that are already damaged. Believe it or not, oxygen can have a damaging effect on your cells over time because of another substance known as free radicals. Antioxidants basically slow the damage process. In order to keep your cells healthy and help repair some damage that has already been done to cells, it's very important to eat foods high in antioxidants!

Here are some more amazing facts about Antioxidants...

- Luckily, antioxidants can be found in many, many foods!
- Vitamins C and E are actually considered antioxidants!
- Antioxidants may play a role in preventing heart disease and diabetes, among other diseases!
- The antioxidant lycopene is what gives tomatoes, pink grapefruit and watermelon their red coloring!
- The amount of the antioxidant selenium found in fruits and vegetables depends entirely on how much of the element is found in the soil in which the produce is grown!
- Some researchers believe that getting the right kinds and amounts of different antioxidants could actually slow the aging process!

Where can you get Antioxidants?

- Raisins
- Blueberries, cranberries, blackberries, raspberries, strawberries and cherries
- Beans (especially red beans, red kidney beans, pinto beans and black beans)
- Apples (especially Red Delicious, Granny Smith and Gala varieties)
- Artichokes
- Potatoes (especially cooked Russet potatoes)
- Oranges
- Red Grapes
- Pecans
- Cherries
- Spinach
- Beets



It's important to get plenty of antioxidants, and since there are so many delicious foods containing antioxidants, getting enough of them is super