



The antioxidant advantage.

Fill your fridge with disease-fighting superfoods.

Antioxidants are an important part of a healthy diet. And for good reason. Not only do they support a healthy immune system but they may be able to protect your body's cells against free radicals.*

Free radicals are molecules generated by the body after breaking down food or from exposure to tobacco, pollution and sunlight. At very high levels, they can damage your body's cells and genetic material, contributing to chronic conditions such as cancer, cognitive decline and vision loss.*

Luckily our bodies already know how to defend against free radicals: by extracting antioxidants such as vitamin C, vitamin E, beta-carotene, lycopene, selenium and lutein, from healthy food sources.**

Which food sources? Here are the superfoods you should be focusing on.



1. Berries are best

Blueberries, blackberries, raspberries, strawberries and cranberries.



2. Powerful proteins

Beef, poultry, fish, chickpeas and lentils.



3. Great grains

Corn, wheat, brown rice and barley.

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4. Produce picks

Sweet potatoes, carrots, bell peppers, kale, spinach, broccoli, cantaloupe, oranges, pumpkin and tomatoes.



5. Nutritional nuts and seeds

Walnuts, almonds, pecans, cashews, peanuts and sunflower seeds.



6. Sip and savor

A glass of pomegranate juice or red wine; a cup of coffee or green tea; and a bite of dark chocolate.



*Mayo Clinic. "Slide show: Add antioxidants to your diet". <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/antioxidants/sls-20076428>.
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**American Academy of Family Physicians. "Antioxidants: What You Need to Know." <https://familydoctor.org/antioxidants-what-you-need-to-know/>. Page last reviewed August 5, 2020.

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