



Nutrition Education



Antioxidant Food Sources

If you have a hard time remembering the food sources, **just try your best to have a diet full of fruits, vegetables, whole grains, a multitude of colors, and overall variety every day.**

Information obtained from:
The Academy of Nutrition and Dietetics
&
Understanding Nutrition
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Antioxidants

What are antioxidants?

Antioxidants are a type of compound that can help protect cells from damage caused by free radicals. Free radicals occur in the body from normal body processes, environmental factors such as UV radiation to tobacco smoke. Free radicals can contribute to cell damage, disease progression and aging. **Having a healthy intake of antioxidants may reduce the risks caused by free radicals.** Thankfully, antioxidants can be found in many food sources.

What are good sources of antioxidants?

Food is the best source of antioxidants. When trying to remember what foods contain antioxidants...think **ACE!**

Vitamin A (carotenoid form): commonly found in red, orange, deep-yellow, dark-green leafy vegetables, tomatoes, carrots, spinach, brussels sprouts, sweet potatoes, winter squash and broccoli



Vitamin C: citrus fruits strawberries, sweet peppers, tomatoes, broccoli, and potatoes



Vitamin E: vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts, and peanut butter



In addition, the **mineral selenium**: meat, whole grains, fruits, and vegetables

