



Red and Blue – And Good for You!

The truth about antioxidants in foods

What are antioxidants and what do they do in the body?

Antioxidants are substances found in foods that prevent damage to the body from harmful things like smoking and sunlight.

Why do we need antioxidants?

Our bodies are constantly fighting off the harmful effects of our environment, including sunlight, second-hand smoke, and even chemicals produced in the body. Damage to the body's cells and DNA can lead to cancer and heart disease. A high intake of antioxidants can decrease the risk of these diseases.

Where can we find antioxidants?

Antioxidants are mostly found in fruits, vegetables, and whole grain products. Different colored fruits and vegetables contain different antioxidants. Eating a wide variety of plant foods will give you an excellent mixture of healthy antioxidants.



Including foods with high levels of antioxidants in your diet can decrease your risk of developing certain types of cancers and heart disease.

Foods or Antioxidant Supplements?



- Foods are ALWAYS the best choice.
- The body can almost always absorb antioxidants from foods better than from supplements.
- Supplements are not always safe and can have harmful contaminants in them.
- Supplements often have very high levels of antioxidants, much higher than you would get from eating regular foods. While this may seem like a good thing, it could actually be harmful to your body. Some antioxidants are toxic to the body at high levels.

Great sources of antioxidants:

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| ▪ Blueberries | ▪ Sunflower seeds |
| ▪ Blackberries | ▪ Whole wheat |
| ▪ Cherries | ▪ Soybeans |
| ▪ Grapes | ▪ Olive oil |
| ▪ Cranberries | ▪ Kale |
| ▪ Bilberries | ▪ Spinach |
| ▪ Strawberries | ▪ Collards |
| ▪ Onions | ▪ Turnip greens |
| ▪ Tea | ▪ Green peas |
| ▪ Wine | ▪ Broccoli |
| ▪ Apples | ▪ Lettuce |
| ▪ Buckwheat | ▪ Mangos |
| ▪ Beans | ▪ Corn |
| ▪ Apple juice | ▪ Eggplant |
| ▪ Cocoa | ▪ Okra |
| ▪ Lentils | ▪ Peppers |
| ▪ Black-eyed peas | ▪ Pumpkin |
| ▪ Pomegranates | ▪ Carrots |
| ▪ Almonds | ▪ Watermelon |
| ▪ Cashews | ▪ Cabbage |
| ▪ Peanuts | ▪ Cauliflower |
| ▪ Sesame seeds | ▪ Grapefruit |

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