Food Sources for Antioxidants

As part of our "cancer fighting force", antioxidants are vital to proactive health. Every day our bodies encounter toxins, infections, and cancer cells. Oxidation is the body's natural response to combat these invaders. Through an inflammatory response, our immune system deploys substances to destroy them. However, if the chemical products left behind (free radicals) are not neutralized, they can damage the healthy cells of our organs, brain, and arteries. Antioxidants are the body's cleanup crew.

There are three families of antioxidants: carotenoids, flavonoids, and lycopenes. Antioxidant-rich foods can be easily identified by their bright hues: red, orange, dark green, purple, and yellow. By consuming a colorful diet, you can be sure you are improving your natural antioxidant intake.

Foods containing carotenoids	Foods containing flavonoids	Foods containing lycopenes
Carrots	Apples	Tomatoes
Plums	Green tea	Guava
Apricots	Cocoa	Watermelon
Mangoes	Onions	Papaya
Cantaloupes	Red bell peppers	Grapefruit
Sweet potatoes	Strawberries	Sundried tomatoes
Kale	Garlic	Vegetable soup
Spinach	Lemons	Clam chowder
Cilantro (coriander)	Limes	Beef noodle soup
Collard greens	Almonds	Thousand island dressing
Fresh thyme	Blueberries	Russian salad dressing
Turnip greens	Beans	Pork and beans
Winter squash	Quinoa	Minestrone soup
Pumpkin	Walnuts	Tomato paste
Broccoli	Pecans	Chili powder
Prunes	Purple/red grapes	Red cabbage

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