

# Antioxidants



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Antioxidants have the job of preventing the action of free radicals in our bodies.

## What are Free Radicals?

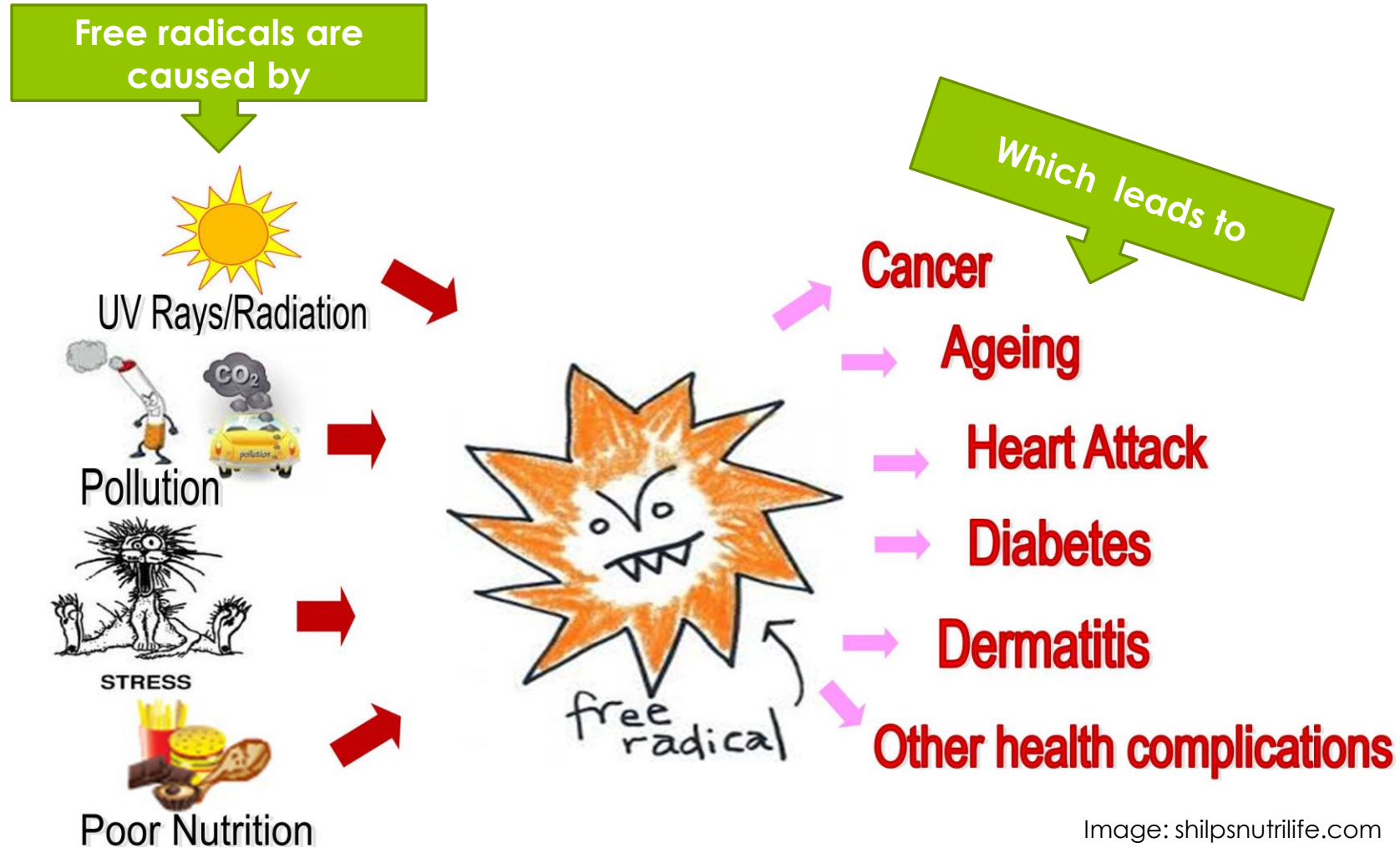
If we lived in an ideal world where there was **no pollution** and we all ate a **perfect diet** and experienced absolutely **no stress**, the level of free radical activity would be in the normal range.

Unfortunately, this is not the case.





## How are Free Radicals formed?



## Free Radicals

- Free radicals are damaged cells that are missing an electron. They cruise the body looking for a Good Cell that they can steal an electron from.
- Once that happens, through missing one of their electrons, now the Good Cell becomes a Free Radical. Now it needs to steal an electron from another Good Cell!



Image: ninacheriefranklin.com

## Good Guys come galloping to the rescue!

The Good Guys are **Antioxidants** as found in Cranberries, Blueberries, Blackberries etc.

When you eat this kind of food, the antioxidants kindly give one of their electrons to the Free Radical so they can become a Good Cell again... but get this... the antioxidants do not turn into Free Radicals. Yay!

**So, it's all over, Red Rover!!!**





# Antioxidants

**So... to minimize damage from Free Radicals we need to:**

- Avoid pollution and radiation etc. as much as possible. (Virtually impossible in a civilised area)
- **We need to neutralise Free Radicals by consuming Antioxidants.**

**A few decades ago, there was not the same problem as today because:**

1. Our food was not processed, so it contained much more nutrition, including Antioxidants.
2. We were not exposed to the same level of pollution, radiation, toxins in food and chemicals in our everyday environment.



## Three Highest Ranking Antioxidants in Common Fruits, Vegetables & Nuts

Fruits	Vegetables	Nuts
Cranberries	Beans	Pecans
Blueberries	Artichokes	Walnuts
Blackberries	Russet Potatoes	Hazelnuts

Public Information from the United States Department of Agriculture





# Salad Vegetables with the Highest Antioxidant Levels



According to the British Journal of Nutrition 2005, here are some common salad vegetables which contain the highest levels of antioxidants:

- Artichokes
- Beetroot
- Broccoli
- Garlic
- Leeks
- Onions
- Radishes
- Spinach

# Dark Chocolate - Cacao

Processed using the correct method is extremely high in antioxidants. Choose minimum 70% and then work your way up to 90%. Yum!!!



- Cacao should not be heated above 47 degrees Celsius (118 degrees F)
- It should be 70% Cacao minimum
- Amount consumed should be no more than about 42 grams daily.