



# ANTIOXIDANTS

## What are antioxidants?

Antioxidants protect cells and tissues from damage caused by free radicals. This helps to prevent illnesses such as heart disease, cancer, and diabetes that high levels of free radicals can cause if not controlled.

## Common Antioxidants to Look Out For!

- Vitamin C
- Vitamin E
- Selenium
- Glutathione
- Flavonoids
- Carotenoids

## Foods Rich in Antioxidants



Walnuts



Beans



Legumes



Carrots



Beets



Spinach



Green  
Tea



Berries



Dark  
Chocolate