



I Am Ms Prissy™

Antioxidants

Antioxidants can come from healthy eating and are believed to protect and repair cells from damage caused by free radicals, harmful oxygen molecules thought to damage cells. Many experts believe this damage plays a part in a number of chronic diseases, including arteries hardening (atherosclerosis), cancer and arthritis. Free radicals can also interfere with the immune system. To fight the damage with antioxidants helps keep the immune system strong, better able to ward off colds, flu, and other infections.

Add fruit and vegetables to your diet to improve health.

Three major antioxidant vitamins higher than others:

1. Beta-carotene
2. Vitamin C
3. Vitamin E

These three major antioxidant vitamins can be found in colorful fruits and vegetables - those with purple, blue, red, orange, and yellow hues. Higher health benefit if these antioxidants eaten raw or lightly steamed, yet not overcooked or boiled.

Beta-carotene and other carotenoids:

Apricots	Nectarines
Asparagus	Peaches
Beets	Pink grapefruit
Broccoli	Pumpkin
Cantaloupe	Spinach
Carrots	Squash
Collard greens	Sweet potato
Corn	Tangerines
Green peppers	Tomatoes
Kale	Turnip
Mangoes	Watermelon

Vitamin C:

Berries	Broccoli
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Brussels sprouts

Cantaloupe

Cauliflower

Grapefruit

Green or Yellow peppers

Honeydew

Kale

Kiwi

Mangoes

Nectarines

Orange

Papaya

Red

Snow peas

Strawberries

Sweet potato

Tomatoes

Vitamin E:

Broccoli

Carrots

Chard

Mangoes

Mustard greens

Nuts

Papaya

Pumpkin

Red peppers

Spinach

Sunflower seeds

Turnip greens

Other foods rich in antioxidants include:

Alfalfa sprouts

All berries

Apples

Beans

Eggplant

Onions

Plums

Prunes

Raisins

Red grapes

Other antioxidants that may assist to boost immunity include:

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Zinc: Found in oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified cereals, and dairy products

Selenium: Found in Brazil nuts, tuna, beef, poultry and fortified breads, and other grain products