



Good Food, Good Life

ANTIOXIDANTS

Tastier, healthier choices



WHAT ARE ANTIOXIDANTS?

THINK COLOUR!

Colours (pigments) found in vegetables and fruit are called "phytonutrients". Phytonutrients give vegetables and fruit their respective colours. Many phytonutrients act as powerful antioxidants by slowing down damage to the cells of the body. Cell damage can be caused by air pollution, tobacco smoke, x-rays, and sunlight rays. Antioxidants can also help to reduce the risk of cancer and heart disease.

Try and eat 5 servings of vegetables and fruit every day, and enjoy a variety of colours to ensure you get your daily dose of antioxidants.

EXAMPLES OF SOME OF THE COLOURS (PHYTONUTRIENTS) FOUND IN FRUIT AND VEGETABLE ARE:

	ORANGE	RED	PURPLE	YELLOW GREEN	WHITE GREEN
Main phytonutrient	Beta carotene	Lycopene	Flavonoids	Lutein Zeaxanthin	Sulphur-containing compounds
Health benefit	Helps to neutralize free radicals. Reduces the risk of cancer.	Helps reduce the risk of prostate cancer.	Helps to maintain heart and coronary health. Strengthen blood vessels and capillaries	Good for eyes and vision function. Helps to reduce the risk of retina damage	Good for the heart and for protection from cholesterol and cancer.
Food source	Carrot, Mango, Pumpkins Butternut, Sweet potatoes, Papaya 	Tomato, Grapes, Watermelon 	Red apples, Berries, Red grapes, Cherry Prunes, Plums 	Leafy greens, Spinach, Avocado, Green Beans Green/Yellow peppers Kiwi, Cucumber 	Broccoli, Beans sprouts Leeks, Asparagus Onion, Garlic, Chives 

TIPS TO OBTAIN A HEALTHY SUPPLY OF ANTIOXIDANTS

FOOD

TIPS

Fruit and vegetables

Eat fruit with the skin on (where possible). Many antioxidants are located in or just underneath the skin. Just wash thoroughly under running water before eating.

Cereals

Choose wholegrain cereal products. Most of the antioxidants are found in the surface layers of the cereal grain.

Coffee, green tea, cocoa, chocolate, red wine

Consume coffee, green tea, cocoa, chocolate and red wine in moderation. Coffee, green tea, red wine, dark chocolate and hot chocolate with a high cocoa content are also rich in antioxidants. Tip: instead of drinking red wine, have a glass of red grape juice, which will also provide you with antioxidants.

Enjoy 5 servings of vegetables and fruit daily

Examples of a vegetable serving are:

All fresh / frozen vegetables	1/2 cup cooked	75g
Raw leafy green vegetables	1 cup raw	75g

A visual comparison of a vegetable serving is as follows:

 = 	1 closed fist - 1 serving cooked pumpkin	 = 	1 tennis ball - 1 cup salad greens
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Examples of a fruit serving are:

All fresh fruit	1 piece medium sized fruit e.g. apple, banana 2 pieces of small fruit e.g. apricots 1/2 piece large fruit e.g. grapefruit 1/2 cup chopped fruit / fruit juice 16 grapes 4 large strawberries	150g
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A visual comparison of a fruit serving is as follows:

 =  or 	1 tennis ball = 1 medium apple 1/2 cup fruit juice
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