

Antioxidants

Antioxidants are substances that help to protect the body from harmful free radicals, which can cause cell damage. Eating foods rich in antioxidants can help to protect against heart disease and cancer. Vitamin C, beta-carotene, and vitamin E are antioxidants. To get your share of these healthful substances, choose plenty of the fruits and vegetables listed below. Find your favorites, or some new ones that you would like to try. Be sure to add them to your shopping list, and include them in your soups, salads, stir fries and snacks often!

Foods High in Vitamin C

Fruits

cantaloupe
 grapefruit
 guava
 honeydew melon
 kiwifruit
 mandarin oranges
 mango
 oranges
 papaya
 strawberries
 tangerines

Juices

orange juice
 grapefruit juice, vegetable juice cocktail

Leafy Greens

chicory greens
 collard greens
 kale
 kohlrabi
 parsley

Other Veggies

broccoli
 Brussels sprouts
 cauliflower
 peppers
 potatoes
 sweet potatoes
 tomatoes

Foods High in Beta-Carotene

(and other carotenoids)

Fruits

apricots
 cantaloupe
 mango
 papaya

Leafy Greens

beet greens
 chicory greens
 Chinese cabbage
 collard greens
 dandelion greens
 kale
 mustard greens
 parsley
 spinach
 turnip greens

Other Veggies

broccoli
 carrots
 red peppers
 squash
 - butternut
 - hubbard
 - pumpkins
 sweet potatoes; vegetable juice cocktail



Foods High in Vitamin E

wheat germ
 fortified breakfast cereals
 nuts & nut butters
 vegetable oils
 soybeans
 sunflower seeds
 sweet potato