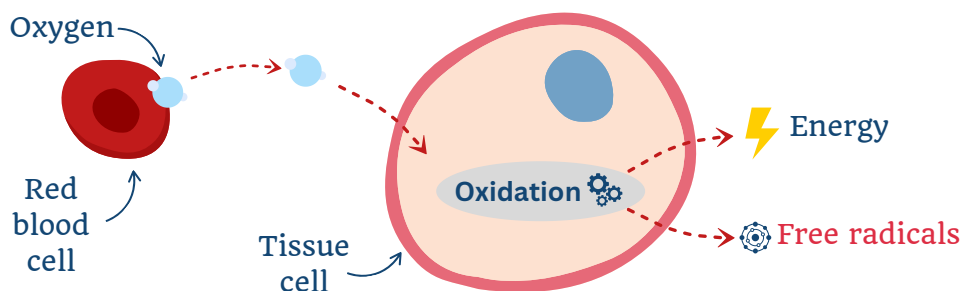




Foods Rich in Antioxidants

What is oxidation?

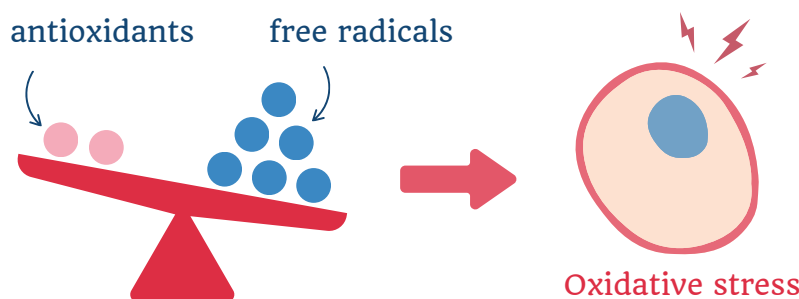
With every breath we take, about 20% of what we inhale is oxygen. Oxygen is an essential molecule that moves from the air in our lungs to our red blood cells. Our red blood cells then deliver oxygen all throughout our body and tissues to help cells function. This process is called oxidation, and we could not live without it.



The process of oxidation naturally creates **free radicals** as a byproduct in our cells. Other factors, such as air pollution, can also increase free radicals in our body. These very small molecules can interfere with the function of essential parts of our cells. If there are too many free radicals in our cells, they cause damage.¹ Luckily, **antioxidants** in our body reduce the amount of free radicals to protect cells from damage.²

What is oxidative stress?

Oxidative stress occurs when there is an imbalance in our cells due to an increase in free radicals or a decrease in antioxidants.¹ Over time this disruption can injure our tissues.²





What foods are rich in antioxidants?

Fruits

- Berries
- Cranberries
- Prunes
- Sour Cherries
- Kiwis
- Plums



Spices

- Ground cloves
- Dried oregano leaf
- Ground ginger
- Ground cinnamon
- Turmeric powder
- Paprika
- Chili powder
- Dried parsley
- Black pepper
- Dried basil leaf
- Mustard
- Curry powder



Vegetables

- Artichokes
- Frozen Spinach
- Cooked Red Cabbage
- Cooked Red Peppers
- Cooked Broccoli or Broccoli Raab
- Potatoes (red, white, sweet, or russet)

Bread Products

- Bran cereal
- Corn cereal
- Rice cereal
- Whole-grain cereal
- Toasty peanut crackers

Other

- Dark Chocolate
- Dark Molasses
- Barley Malt Syrup
- Chocolate Power Bar
- Milled Flaxseed
- Baked Beans or Pinto Beans

Drinks

- Red wine
- Coffee
- Grape juice



Nuts

- Pecans
- Pistachios
- Walnuts

Please see http://mleead.umich.edu/Coec_Fact_Sheets.php for the citations included in this factsheet. This research was supported by the National Institute of Environmental Health Sciences (NIEHS) (#R01ES022616, #R01ES032389) and the Fred A. and Barbara M. Erb Family Foundation, with additional support provided by the Michigan Center on Lifestage Environmental Exposures and Disease (M-LEEaD) (NIEHS #P30ES017885).