



## Foods Rich in Antioxidants

The M-LEEaD Center's Community Engagement Core (CEC) increases awareness and understanding of environmental health research.

Stakeholder Advocacy Board members include:

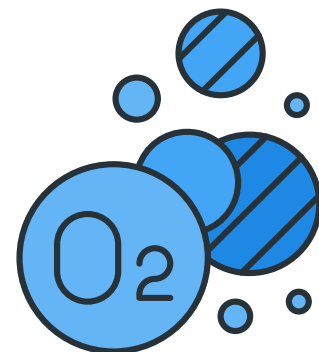
- Community Health and Social Services
- The Detroit Health Department
- Detroit Hispanic Development Corporation
- Detroiters Working for Environmental Justice
- Eastside Community Network
- Ecology Center
- Green Door Initiative
- MDHHS
- Sierra Club
- We the People of Detroit

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### Why are antioxidants important?

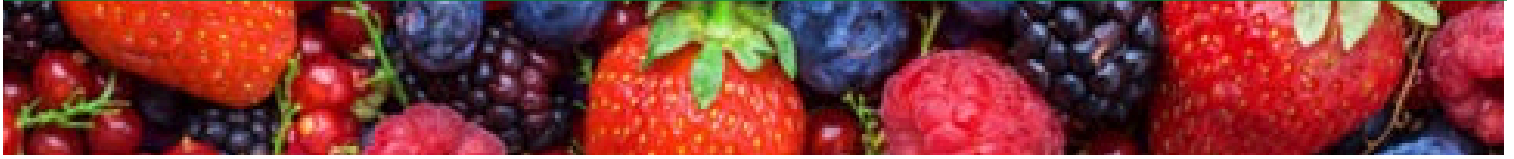
Oxygen helps support human cell functions. This is called oxidation, and we could not live without it. However, the process of oxidation creates free radicals. Too many free radicals can cause oxidative stress, but antioxidants can help remove free radicals.<sup>1 2</sup>



### 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.<sup>1</sup> Over time this disruption can injure our tissues.<sup>1 2</sup>

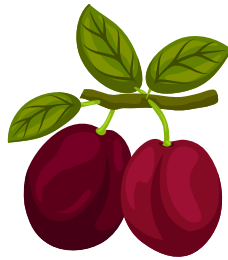
Oxidative stress has been linked to a number of illnesses, including some forms of cancer, cardiovascular disease, obesity, diabetes, Alzheimer's disease, eye diseases, Lupus, and other illnesses.<sup>1 2</sup> Consuming foods that are rich in antioxidants may reduce the damage caused by oxidative stress.<sup>3 4 5</sup>



## What foods are rich in antioxidants?

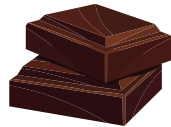
### Fruits

- 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



### Drinks

- Red wine
- Coffee
- Grape juice



### 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

### Nuts

- Pecans
- Pistachios
- Walnuts

Please see [http://mlead.umich.edu/Coec\\_Fact\\_Sheets.php](http://mlead.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).