Antioxidant Awareness

What are Antioxidants?
Antioxidants are compounds found in foods that help support your immune system and protect your body from cell damage.

Cell damage can occur through exposure to things like pollution and cigarette smoke, but also occurs naturally in the aging process.

Did you know?
Antioxidants exist in many forms! They can be:
- **Vitamins** such as vitamins A, C, and E
- **Plant chemicals** (also called *phytochemicals*) like flavonoids and carotenoids
- **Minerals** such as selenium and iodide

True or False?
**Taking an antioxidant supplement can help ensure that you get enough antioxidants**
False. It is best to try to meet your needs by consuming a variety of antioxidant-rich foods. Antioxidant supplements can contain more than you need, which is not beneficial for health.

Why Do We Need Antioxidants?
A diet rich in antioxidants can help your body fight off colds and flu. Antioxidants may also help lower your risk of heart disease and some types of cancer.
Antioxidants are everywhere!

They can be found in all kinds of foods! In addition to fruits and vegetables, they are in whole grains, beans and lentils, nuts and seeds, garlic, vegetable oils, and green tea.

Enjoy the rainbow!

Lycopene is an antioxidant found in tomatoes and watermelon.

Carrots and winter squash contain alpha-carotene.

Citrus fruits are loaded with Vitamin C.

Dark Green vegetables such as kale and spinach are rich in beta-carotene.

Anthocyanins are the group of antioxidants found in berries.

Resveratrol is an antioxidant found in the skin of dark grapes.

Tips For Getting More Antioxidants

To incorporate more Vitamin C:
- Add broccoli and bell peppers to stir-fry dishes, pastas, or enjoy them as a snack with some dip.

To increase your intake of Vitamin E:
- Add almonds or sunflower seeds to your salads and granolas.
- Choose fish twice a week - tuna, herring, salmon, and halibut are excellent sources of this vitamin.

To include some Selenium:
- Enjoy a mixed bean salad as an appetizer.
- Meat, eggs, shellfish and nuts are good sources of selenium.

To eat more phytochemicals:
- Add apples and spinach to your salads.
- Add berries to yogurt, cottage cheese, or cereal.

Following Canada’s Food Guide is an easy way to help you get a variety of antioxidants everyday!
1. Wash, peel and cube butternut squash and sweet potato. Dice onion.

2. In a large pot heat the olive oil. Add the squash, onion and sweet potato. Sautee the vegetables until onions are soft and transparent.

3. Add the milk. Bring to a simmer and let it cook for 30-40 minutes or until vegetables become very soft.

4. Add salt, pepper and sage.

5. Blend the soup together in a regular blender or using a hand blender.

Makes 8 servings

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per serving (1/6 th of Recipe, ~300 mL)</th>
<th>Calories: 313</th>
<th>Fat: 9.2 g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Carbohydrate: 52 g</td>
<td>Fibre: 7 g</td>
</tr>
<tr>
<td></td>
<td>Protein: 11 g</td>
<td>Sodium: 249 mg (10% DV)</td>
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References and Further Reading

- What you need to know about Antioxidants http://www.eatrightontario.ca/en/Articles/Antioxidants/What-you-need-to-know-about-antioxidants.aspx

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011