

Utica Public Library
Health Spotlight

ANTIOXIDANTS

What are Antioxidants?

Antioxidants are natural substances found in foods that help the body to function properly and prevent disease.

Our bodies' natural process of metabolism, as well as its interaction with harmful elements in our environment, causes the creation of unstable molecules known as free radicals. Free radicals can damage our cells and lead to a number of degenerative health conditions.

Antioxidants neutralize the effects of these free radicals protecting our cells from damage.

Examples of Foods High in Antioxidants:

Goji Berries



Prunes



Acai Berries



Dark Chocolate



Pomegranates



Blueberries



Garlic



Kale



Cranberries



Strawberries



Grapes



Oranges



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