



Food affects quality of life,

enjoy
the
glow

disease risk and ageing

Feeding your immune system for graceful ageing

Many **colorful foods are filled with antioxidants**. Antioxidant foods support the immune system and also how we age by protecting the health of our cells and preventing oxidative stress, or an imbalance between free radicals and antioxidants in your body. Antioxidants lower the risk of stress-related diseases by neutralizing free radicals and slowing (or preventing) cell damage.

Antioxidant Foods and Benefits:

beets may help lower blood pressure because they contain nitrates, which are compounds in beet that convert into nitric oxide in the blood and help widen and relax blood vessels.

tomatoes contain lycopene which is an antioxidant that may be good for heart health, cancer prevention, and boosting the health of collagen in the skin.

dark leafy greens (kale, spinach) – incredibly nutrient dense and a source of vitamin K, vitamin C folate, fiber, iron, and calcium. These benefit many systems of the body including the bones, brain, skin, and cardiovascular health.

broccoli a good source of protein as compared to many other vegetables. Contains the plant compound sulforaphane which is found in cruciferous vegetables and may protect the body against cancer.

mushrooms serve as a plant-source of vitamin D2 when exposed to UV light. Vitamin D helps the body absorb calcium to maintain and build strong bone

pumpkin seeds or “pepitas” – good source of magnesium, a mineral necessary for many chemical reactions within the body.

Tips:

Add colorful foods to meals and snacks! This ensures eating a variety of nutrients. Fruits, vegetables and whole grains high in antioxidants are also typically high in fiber, low in saturated fat and cholesterol, and good sources of vitamins and minerals.

Dress up your frozen or instant meals when in a time crunch! Add a handful of veggies to your instant ramen/soup, toss some blueberries in your yogurt or cereal, or snack on a clementine when on the go.

Add fruit slices or crushed berries to your water or ice cubes for a touch of extra antioxidants.

Sprinkle nuts on meals. This not only adds antioxidants but also protein and healthy fats!

Opt for fruit-containing or dark chocolate desserts when choosing sweets.

Add dark leafy greens or red cabbage to your salads! This will increase nutrient density (the amount of nutrients in a food relative to calories) and also add more variety.

Beans are a cost-effective way to increase your antioxidant intake! They are versatile and take on many flavor profiles. The added protein and fiber are a big bonus too.

Choose frozen or canned (low sodium and packed in water or 100% fruit juice) when fresh produce is not available. These are often picked at peak season and still contain antioxidants!

Enjoying your nourishment is important for maintaining healthy, long-term habits!
Be sure to talk to your doctor or a dietitian before making any significant dietary changes.

