

Antioxidants in Food, Vitamins, and Supplements: A Comprehensive Guide

Antioxidants are essential molecules that protect our cells from damage caused by free radicals. Free radicals are unstable molecules that can damage DNA, proteins, and lipids, leading to a variety of health problems, including cancer, heart disease, and Alzheimer's disease. Antioxidants neutralize free radicals by donating an electron, which stabilizes the free radical and prevents it from causing damage.

There are two main types of antioxidants: endogenous antioxidants, which are produced by the body, and exogenous antioxidants, which are found in food and supplements. Endogenous antioxidants include glutathione, superoxide dismutase, and catalase. Exogenous antioxidants include vitamin C, vitamin E, beta-carotene, and selenium.



Antioxidants in Food, Vitamins and Supplements:

Prevention and Treatment of Disease by Amitava Dasgupta

★★★★☆ 4 out of 5

Language : English
File size : 3818 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 360 pages



Antioxidants are found in a variety of foods, including fruits, vegetables, whole grains, and nuts. Some of the best food sources of antioxidants

include:

- Fruits: Berries (blueberries, strawberries, raspberries, cherries), citrus fruits (oranges, grapefruits, lemons, limes), apples, bananas, and grapes.
- Vegetables: Cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts), leafy greens (spinach, kale, collard greens), carrots, sweet potatoes, and tomatoes.
- Whole grains: Brown rice, quinoa, oatmeal, and whole-wheat bread.
- Nuts: Almonds, walnuts, pecans, and cashews.

Health Benefits of Antioxidants

Antioxidants have a number of health benefits, including:

- Reducing the risk of chronic diseases such as cancer, heart disease, and Alzheimer's disease.
- Protecting cells from damage caused by free radicals.
- Improving immune function.
- Slowing down the aging process.

Antioxidant Supplements

Antioxidant supplements are available in a variety of forms, including pills, capsules, and powders. Antioxidant supplements can be beneficial for people who do not get enough antioxidants from their diet. However, it is important to note that antioxidant supplements are not a substitute for a healthy diet. It is always best to get antioxidants from food sources first.

If you are considering taking an antioxidant supplement, it is important to talk to your doctor first. Some antioxidant supplements can interact with medications or other supplements, so it is important to make sure that they are safe for you.

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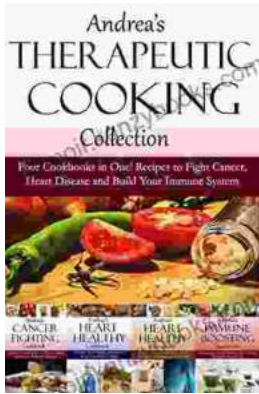
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