

High antioxidant foods

Antioxidants come from certain vitamins, minerals and plant compounds called Phytochemicals that help the body reduce the harm of free radicals. This can support the immune system, because as your body is fighting off viruses and easing damage of UV rays and air pollution, the oxygen used kicks off a slew of damaging free radicals. Antioxidants can help neutralize and disarm the free radicals before they damage and inflame other cells.

NUTS & SEEDS are high in vitamin E, fiber and unsaturated fats, which all help reduce inflammation. One ounce is a serving.



BERRIES are high in antioxidants called anthocyanins, which are shown to help keep memory sharp and reduce the risk of cancer.



WHOLE GRAINS like wild rice, quinoa and barley digest slowly, reducing spikes in blood sugar which promotes cell damage.



SPICES like turmeric and ginger have known anti-inflammatory properties. Add to stir fries, salads and roasted vegetables for nutrition and flavor.



OLIVE OIL is high in polyphenols, a plant compound shown to fight free radicals. Choose Extra Virgin Olive Oil to ensure it is expeller pressed.

CRUCIFEROUS vegetables (i.e. cabbage, broccoli and cauliflower) are high in vitamins C, E and K and help prevent many diseases.



BEANS & LEGUMES are rich in folic acid, potassium and fiber. They help keep blood sugar balanced, and are a good source of protein.



GARLIC has properties shown to decrease blood pressure and cholesterol, improve immune function and reduce risk of cancer.



DARK LEAFY GREENS like kale, spinach and collard greens are full of plant compounds. Enjoy raw and lightly cooked, or wilted into your favorite soup.



SALMON is rich in Omega-3 fats. Wild caught, especially Sockeye, has the highest levels, which helps reduce heart disease risk.