



**PETALUMA PEOPLE
SERVICES CENTER**

Nutrition News You Can Use - June 2021

Antioxidants

- Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals
- Free radicals can be produced from sources like tobacco smoke, pollution and radiation
- When healthy cells are damaged by free radicals it can lead to cardiovascular disease and certain types of cancers.
- Examples of Antioxidants include: Carotenoids, Vitamin E and Vitamin C

Carotenoids

There are 600 or more carotenoids in foods

- Examples include: beta-carotene, lycopene and lutein
- Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease the risk of macular degeneration.
- Foods high in carotenoids include red, orange, deep-yellow and some dark-green leafy vegetables; these include tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes, winter squash and broccoli

Vitamin E

Helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age.

- Vitamin E works with other antioxidants such as vitamin C to offer protection from some chronic diseases.
- Vitamin E is found in vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts and peanut butter.

Vitamin C

- Vitamin C offers a wide-variety of health benefits. These benefits include:
 - Protecting your body from infection and damage to body cells
 - Helping produce collagen (the connective tissue that holds bones and muscles together)
 - Helping in the absorption of iron and folate.
- Eat foods rich in vitamin C such as citrus fruits (including oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

Recommendation

Get antioxidants from food instead of supplements. At this time research has not shown a benefit from taking antioxidant supplements.

- Eat foods with a wide variety of color to help increase your intake of antioxidants.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

www.petalumapeople.org **707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.

Prepared for you by Jessica Sherwood

Resources : Antioxidants Protecting Healthy Cells. *Wolfram, Taylor*. February 10, 2018. Resource obtained from:

<https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/antioxidants-protecting-healthy-cells>.

Retrieved: June 10, 2019.