

Foods high in antioxidants: anti aging helpers...

Anything with strong Taste/Colour/Smell

ALL green, red, yellow, blue and purple fruits and vegetables

These are worth a special mention -

spinach, sprouts, broccoli, cauliflower, cabbage, pumpkin, onion, sweet potato, eggplant, tomato, mushroom, apples, berries (all types), paw paw, kiwi, apricot, citrus,

- *soy beans, tofu soy milk, chickpeas, lentils, alfalfa sprouts*
- *all types of nuts and seeds, especially linseeds/flaxseed*
- *tea (black and green) and red wine*
- *oats, rice bran, wholemeal or wholegrain cereals / bread*
- *All herbs and spices including: cocoa, garlic, chives, caraway seeds, ginger, cumin, curry powder, tumeric, mustard, liquorice root, parsley, cinnamon, sumac, coriander, oregano, chili, pepper, dill, fennel*
- *seafood (all types) and lean red meat or game meats.*

Four ways to be radical free with more antioxidants

1. Eat more fruit and vegetables. As boring as it sounds, this is the most effective way on increasing our antioxidant levels. Eat the Rainbow!
2. Pick fruit as your snack and have 3 coloured vegetables with meals.
3. Spice up your meals. Herbs and spices are concentrated sources of antioxidants. Include these at every opportunity, please use that spice rack that sits above or next to the stove. Experiment!
4. Pick three foods from the list above that you don't eat and include it into your weekly foods.