

ANTIOXIDANTS

Antioxidants are naturally occurring molecules that help to counteract the harmful effects of unstable substances known as free radicals. Free radicals are formed during the body's normal metabolic process and through general wear and tear on body cells. Infection, cigarette smoke, pollution, exercise and UV light from the sun can all increase the production of free radicals.



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WHY DO ANTIOXIDANTS DO?

Antioxidants come to the rescue of healthy body cells by mopping up some of the free radicals and helping to reduce their harmful action. To help counter the free radicals, the body makes its own antioxidants, but it also uses antioxidants found in food. Studies have found many benefits to eating plenty of antioxidant-rich foods as part of an active, balanced lifestyle, such as helping reduce the risk of certain cancers and heart disease.

WHERE ARE THEY FOUND?

Some of the best known antioxidants in food include:

Type of antioxidant	Foods sources
Vitamin C	Oranges, blackcurrants, kiwi fruit, mangoes, strawberries broccoli, spinach, capsicum
Vitamin E	Avocados, vegetable oils, nuts, seeds and whole grains.
Carotenoids	Beta carotene is the orange colour found in orange, pumpkin, mangoes, apricots, carrots, and lycopene which gives tomatoes their red colour
Polyphenols	Flavonoids including: › Isoflavones - soy beans, tofu, lentils, peas and milk › Flavonols - tea, green tea, citrus fruits, red wine, onion and apples › Catechins - cocoa, tea › Anthocyanins found in cranberries, red wine, blueberries
Indoles	Cruciferous vegetables such as broccoli, cauliflower and cabbage

The good news about antioxidants is that it's easy to get more in your diet - many are found in the foods that you eat each day.

COMMON ANTIOXIDANT-CONTAINING FOODS

- › Fruits - berries, citrus fruits, apricots, mangoes and red grapes
- › Vegetables - broccoli, spinach, tomatoes, carrots and capsicum
- › Legumes - kidney beans, pinto beans and soy beans
- › Nuts - pecans, walnuts, pistachios and hazelnuts
- › Beverages - coffee, tea (especially green tea) and red wine
- › Dark chocolate

TIPS FOR BOOSTING ANTIOXIDANTS IN YOUR DIET

It's easy to get enough antioxidants by choosing a balanced diet rich in fruits, vegetables and wholegrains. Here are some tips on boosting the antioxidants in your diet:

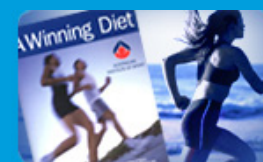
- › Top your breakfast cereal with sliced strawberries and kiwi fruit
- › Make sure you have an apple a day
- › Pack fruit salad for a vitamin and antioxidant-rich school snack
- › Keep canned or frozen berries on hand for smoothies, or add to yoghurt for a delicious dessert
- › Use tomato-based sauces and tinned tomatoes with your pasta
- › Have tomatoes on toast
- › Go Mexican and use red kidney beans in your bolognese sauce
- › Snack on mixed dried fruit and nuts
- › Include carrots, pumpkin, eggplant, onion, garlic and capsicum in your Sunday roast
- › Pile your plate high with red, yellow and green vegetables
- › If you want to indulge, enjoy a small amount (about 20g) of high cocoa dark chocolate or your hot cocoa/ hot chocolate.



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Nestlé has always maintained a commitment to advances in nutrition and is continuing this through its partnership with the Dietitians Association of Australia (DAA) and the Australian Institute of Sport (AIS)