



Up The Anti-oxidants

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Vitamin C, Vitamin E and selenium are antioxidants which play a role in health maintenance and possibly, in disease prevention. Carotenoids are other compounds that may also have antioxidant benefits and include beta-carotene, lutein and lycopene. Scientists are studying how these antioxidants may prevent heart disease, cancer, cataracts and other conditions that occur as we age. To up the antioxidants in your food choices, try these 5 easy tips!

1. Reach for 5-10 servings of vegetables and fruit every day. Any medium sized piece of veggie or fruit counts as one serving. So does 1/2 cup (125 mL) of juice or 1/2 cup (125 mL) of fresh, frozen or canned vegetables or fruit. These foods are rich in vitamin C and beta-carotene. If you smoke, be sure to grab an extra serving or two since you need more vitamin C than non-smokers.
2. Use as little water as possible when cooking vegetables and fruit. Vitamin C is lost in the cooking water and can also be lost with long storage times. Try to eat fresh produce as soon as possible.
3. Add a small amount of vegetable oil when cooking or preparing foods for an excellent source of vitamin E. Sunflower, safflower, canola, cottonseed, olive, peanut and wheat germ oils are great choices.
4. Pick the most colourful veggies, fruit and juices you can find. Dark green, red and orange vegetables and orange fruit pack in the most amounts of beta-carotene, lutein or lycopene.
5. Choose a variety of foods to get the best mix of antioxidants. Start by choosing some of our top picks from the chart below.

Nutrition 101

Should you take antioxidant supplements?

For most people, antioxidant supplements are not needed unless recommended by your Registered Dietitian or physician. Supplements often provide higher amounts than you need which may cause health problems, or in extreme situations even be toxic.

You may have heard about vitamin C and colds. While vitamin C can help to lessen the severity of cold symptoms, there is no solid evidence that taking supplements will actually prevent a cold.

Food is your best source for antioxidants. Besides tasting great, food contains many other beneficial components.

✓ Top Picks for Antioxidants

For Vitamin C	For Vitamin E	For Selenium	For Carotenoids
citrus fruits and juices apple juice kiwi fruit strawberries broccoli Brussels sprouts red / green / yellow peppers potatoes tomatoes	vegetable oils wheat germ nuts peanut butter sunflower seeds papayas avocados sweet potatoes	Brazil nuts grain products wheat germ wheat bran oat bran fish, shellfish meat, poultry eggs beans	carrots cantaloupe sweet potatoes pumpkin broccoli pink grapefruit tomatoes / tomato products dark green leafy veggies



Gazpacho

*This recipe is proof that food is the tastiest and easiest way to get antioxidants!
This wonderful cold soup is easily prepared with a food processor or blender.*

Ingredients

4 cups	tomato juice	1 L
1/3 cup	red wine vinegar	75 ml
1	medium green pepper, finely chopped	1
1	medium English cucumber, finely chopped	1
2	medium tomatoes, diced	2
1	small onion, chopped	1
2	cloves garlic, crushed	2
2 tbsp.	chopped chives	25 ml
1/4 tsp.	paprika	1 m

Makes 6 servings
or 7 cups (1.75 L)

Per serving:

52 calories

2.2 g protein

0.4 g fat

12.5 g carbohydrate

1.2 g fibre

In large bowl, stir together tomato juice, vinegar, green pepper, cucumber, tomatoes, onion, garlic, chives, and paprika. Chill for 3 hours.

From: *Cook Great Food*, by Dietitians of Canada, 2002. Published by Robert Rose Inc.

For more information on antioxidants, contact your local Registered Dietitian.

Visit the award winning Dietitians of Canada website www.dietitians.ca/eatwell for more great recipes, nutrition tips, factsheets and the Nutrition Challenge - an interactive test of your nutrition knowledge.



To find a Registered Dietitian, check out the Dietitians of Canada website or call the Consulting Dietitians of Canada at 1-888-901-7776.

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March 2002.

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