

A simple guide to ANTIOXIDANTS

Generally, antioxidants are found in plant-based foods. Here are some common ones you might recognise (and a few that may surprise you!).

TYPE OF ANTIOXIDANT	ANTIOXIDANT-RICH FOODS	POSSIBLE BENEFITS
Flavonoids	Tea, red wine, onion, citrus fruits 	Protects the immune system. Has anti-viral and antibacterial properties.
Isoflavones	Soy beans, lentils, milk 	Prevents osteoporosis. Reduces risk of breast and prostate cancers.
Catechins	Cocoa, tea, dark grapes 	Protects cardiovascular health (prevents atherosclerosis).
Lignins	Whole grains, sesame seeds, bran 	Reduces risk of breast and prostate cancers.
Anthocyanins	Berries, red wine, eggplant 	Protects the immune system against viral and bacterial infection.
Polyphenols	Coffee, bran, wheat germ 	Protects cardiovascular health.
Lycopene	Tomatoes, watermelon, pink grapefruit 	Reduces risk of prostate and gastrointestinal cancers.
Vitamin C	Kiwifruit, oranges, broccoli, strawberries 	May help regenerate other antioxidants (eg. vitamin E). Protects cardiovascular health.
Vitamin E	Avocados, nuts, seeds, whole grains 	Reduces risk of cardiovascular disease.
Beta-carotene	Pumpkin, mangoes, apricots, carrots 	Protects eyes and skin from UV damage.