

HEALED PEOPLE, *Heal People*

HERBS • HEALING • HOSPITALITY

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Do Your Meals Have Antioxidants?

The trillions of cells in your body work 24/7 to help you function. At times, they create free radicals that can damage cells and cause serious illness. Many health professionals use them for treatments of stroke and neurodegenerative diseases, such as Alzheimer's and Parkinson's. They have also been helpful in treating brain injury and may slow and even prevent the development of bad cells. Antioxidants are found in many fruits, vegetables, grains, and nuts. When you're looking to eat healthy, make sure your meals contain a variety of the following foods:

Fruits

Many fruits are high in antioxidants, packed with vitamins, and beneficial in a myriad of ways. These include

- cranberries
- red grapes
- peaches
- raspberries
- strawberries
- red currants
- figs
- cherries
- pears
- guava
- oranges
- apricots
- mango
- red grapes
- cantaloupe
- watermelon
- papaya
- tomatoes

Dried Fruits

With the water removed, the antioxidant ratio is higher in dried fruits than in fresh fruits. They can easily be carried with you in your purse, briefcase, or car and they make a quick healthy snack. Consider taking along these dried fruits:

- dried pears
- plums
- apples
- peaches
- figs
- dates
- raisins
- apricots

However, be careful of sugar content; avoid dried fruits that have processed sugars added to them to make them sweeter.

Vegetables

- Broccoli
- spinach
- carrots
- potatoes
- artichokes
- cabbage
- asparagus
- avocados
- beetroot
- radish
- lettuce
- sweet potatoes
- squash
- pumpkin
- collard greens
- kale

Spices and Herbs

Using lots of spices in cooking is good. Many are loaded with antioxidants that contribute complexity and flavor to your meals but also are high in antioxidants.

- cinnamon
- oregano
- turmeric
- cumin
- parsley
- basil
- curry powder
- mustard seed
- ginger
- pepper
- chili powder
- paprika
- garlic
- coriander
- onion
- cardamom
- sage
- thyme
- marjoram
- tarragon
- peppermint
- oregano,
- savory
- basil
- dill weed

Cereals and Nuts

Your morning meal and midday snacks should pack a healthy punch.

- oatmeal
- granola bars
- walnuts
- hazelnuts
- pistachio nuts
- almonds
- cashews
- macadamia nuts
- almond butter
- cashew butter

Remember to eat a variety of fruits and vegetables in a myriad of colors. Don't just focus on the top 2 or 3 choices. Foods with darker, richer colors like orange, yellow, blue, and red tend to be higher in antioxidants, and with all these choices, you'll never become bored or run out of delicious, nutritious options. Variety is the spice of life.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**