

ANTIOXIDANT GUIDE

An Introduction to the wondrous world of antioxidants



WHAT DO WE ACTUALLY SEEK FROM FOOD? IT'S NOT CALORIES, NOR IS IT VOLUME OR MASS. IT IS, IN FACT, NUTRITION: MICRONUTRIENTS, WHICH INCLUDE VITAMINS, MINERALS, ANTIOXIDANTS, AND PHYTOCHEMICALS. THESE ARE COMPONENTS BY WHICH FOOD CAN BE ASSESSED A VALUE, AND THEREFORE, A DECISION CAN BE OBJECTIVELY MADE AS TO WHETHER IT'S WORTH EATING.

Brendan Brazier

WHAT IS AN ANTIOXIDANT

Antioxidants are substances that protect your cells from the damages of free radicals. Free radicals are oxidants, molecules that are missing an electron, so they go around stealing them from others. In turn, the others then become oxidants, and the cycle continues.

These oxidants are a natural part of everyday body functions including breathing, metabolism and acute inflammation. But if left unchecked, ongoing oxidation can result in... DNA damage, disease, and accelerated ageing.

A simple example of oxidation is the browning of an apple, or the rust on a nail. Think of the apples cells like our own bodies cells.

When there is a high level of oxidative stress as a result of: lack of sleep, stress, smoking, high intensity exercise, or processed foods, we will need a higher intake of antioxidant containing foods to quench these free radicals.



Disclaimer:

The advice provided in this worksheet is for informational purposes only. The information presented in this worksheet is based on research, training and professional experience of the practitioner and is true and complete to the best of their knowledge. This information is meant to augment and not replace regular consultation with a qualified health care provider. Consultation with a Naturopath, Nutritionist and primary care provider is strongly recommended anyone suffering from a health problem. For more information about Bridgit

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ANTIOXIDANTS AND FOOD SOURCES!

THINK... EAT THE RAINBOW!

Loading each meal with a range of colour, therefore a range of antioxidants. Lots of reds, greens, purples, white, pinks, blues, yellows and oranges.

ALLIUM SULPHUR COMPOUNDS

leeks, onions and garlic

ASTAXANTHIN

lobster, salmon, crab, trout and shrimp

BETA-CAROTENE

pumpkin, mangoes, apricots, carrots, spinach and parsley

RESVERATROL

cacao/ dark chocolate, dark coloured berries (blueberries, blackberries, strawberries, cranberries, red grapes).

CURCUMIN

turmeric

PROANTHOCYANIDINS

grapes, apples, blueberries, cranberries, blackcurrants, pomegranates, almonds, and red wine

QUERCETIN

elderberries, cherries, pomegranate, apples, onions, capsicum, leafy green vegetables, tomatoes, cruciferous vegetables, citrus, olive oil, legumes, garlic

CoQ10

salmon, tuna, pork, beef, hazelnuts, walnuts, pistachios, soybeans, sesame seeds, spinach, broccoli, and cauliflower

LUTEIN

carrots, kale, spinach, brussel sprouts, corn, eggs, oranges, papaya, broccoli

SELENIUM

seafood, brazil nuts (from brazil), lean meat and whole grains

VITAMIN A

liver, sweet potatoes, carrots, milk, and egg yolks

VITAMIN C

red capsicum, green capsicum, peas, tomatoes, broccoli, brussel sprouts, cauliflower, parsley, kale, kiwi, strawberries, oranges, pineapple, mangoes, lemon

VITAMIN E

vegetable oils, avocados, nuts, seeds and whole grains

HYDROXYTYROSOL

olives and olive oil

Protecting Antioxidants when cooking!

Antioxidants are extremely beneficial for health and longevity. However these nutrients are extremely sensitive to light, heat and even the air. So how we cook and store these fruits and vegetables, can greatly impact the volume of nutrients (including all the lovely antioxidants) that we consume.

1. Avoid boiling vegetables

High temperatures over a prolonged period of time leach the vegetables into the water. Unless you are looking to also consume the liquid (like in a soup or stew), lots of lovely nutrients get poured down the drain.

Alternative... Lightly steam vegetables. Observe when you are steaming them, you will notice a colour vibrancy change in the vegetable. For example broccoli will go from green to a bright green. This is when you know it is at the perfect time to remove from the heat.

2. Avoid pre cutting fruits and vegetables

As soon as a knife has touched a fruit or vegetable and exposed it to the air. It starts the oxidative process. So the apple that you ate straight after you cut it will have more antioxidants than an apple that you pre-sliced to have in your lunch later on.

3. Eat seasonally

The less time that a fruit or vegetable sits in storage the more antioxidants it will contain.

