



Environmental Health Fact Sheet

Foods Rich in Antioxidants

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The Community Outreach and Engagement Core (COEC) increases awareness and understanding of environmental health research.

Stakeholder Advisory Board members include:

- Community Health and Social Services Center, Inc.
- Detroit Hispanic Development Corporation
- Detroiters Working for Environmental Justice
- Institute for Population Health
- Green Door Initiative
- Henry Ford Health System
- Eastside Community Network
- Michigan Department of Community Health
- University of Michigan School of Public Health

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Why Are Antioxidants Important?

Oxygen gives cells life by creating energy to support cell functions. This process is called **oxidation**, and we could not live without it. The process of oxidation creates **free radicals** in our cells, which are atoms with an odd or free electron. Free radicals can cause damage to cells.

Oxidative stress occurs when there is an imbalance in our cells due to either an *increase* in free radicals and/or a *decrease* in antioxidants (substances that reduce the effects of oxidation). Over time this disruption in the balance between free radicals and antioxidants can injure our tissues.

Oxidative stress has been linked to a number of illnesses, including some forms of cancer, cardiovascular disease, obesity, diabetes, Alzheimer's disease, eye diseases, Lupus, and other illnesses. Many of these could be prevented by consuming foods that are rich in **anti-oxidants**.

Which Foods are Rich in Antioxidants?

Fruits

- Blackberries
- Blueberries
- Cranberries
- Raspberries
- Sour cherries
- Strawberries
- Kiwis
- Plums
- Prunes



Vegetables

- Artichokes
- Frozen spinach
- Cooked red cabbage
- Cooked red peppers
- Cooked broccoli or broccoli raab
- Potatoes (red, white, sweet or russet)



Bread products

- Bran cereal
- Corn cereals
- Rice cereals
- Whole-grain cereal
- Toasty peanut crackers



Nuts

- Pecans
- Pistachios
- Walnuts



Spices

- Ground cloves
- Dried oregano leaf
- Ground ginger
- Ground cinnamon
- Turmeric powder
- Paprika
- Chili powder
- Dried parsley
- Black pepper
- Dried basil leaf
- Mustard
- Curry powder



Drinks

- Red wine
- Coffee
- Grape juice



Other

- Dark chocolate
- Dark molasses
- Barley malt syrup
- Chocolate Power bar
- Milled flaxseed
- Baked beans or pinto beans



The University of Michigan Environmental Health Science Core Center promotes collaboration among UM environmental health researchers and communities. Researchers work together to advance knowledge of environmental health issues that affect community members in Detroit and Southeast Michigan.

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