

## Armor Your Body with ANTIOXIDANTS

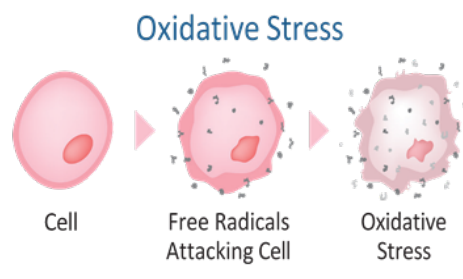
The human body is always in a battle zone, fighting against infection and disease. Daily functions such as exercising and breathing, uncontrolled environmental pollutants, and lifestyle factors like cigarette smoking, all create substances called free radicals. These free radicals are trying to attack our healthy cells and without adequate preparation, may succeed.

We can provide our body with the armor it needs against free radicals by consuming antioxidants through food. Antioxidants are the key to protecting our cells because they can neutralize free radicals within our body.

The simplest way to consume antioxidants is through a variety of plant foods: fruits, vegetables, whole grains, nuts, and seeds. While there are thousands of antioxidants, the antioxidants coming from plant foods fall into three main categories:

### What are Free Radicals?

Free radicals cause "oxidative stress," a process that can trigger cell damage. Oxidative stress is thought to play a role in a variety of diseases including cancer, heart disease, diabetes, Alzheimer's disease, Parkinson's disease, and eye diseases such as cataracts and age-related macular degeneration.



#### 1. POLYPHENOLS:

reduce the risk of cancer, heart disease, and type 2 diabetes

Berries (blackberries, raspberries, blueberries, strawberries)

Whole Oats (oatmeal, whole grain bread)

Nuts (all)

Cacao (dark chocolate)

#### 2. FLAVONOIDS:

reduce the risk of hypertension, viruses, and neurological disease

Citrus Fruits (orange, lemon, lime)

Green Leafy Vegetables (kale, spinach, lettuce)

Asparagus, Onions, Eggplant

#### 3. CAROTENOIDS:

reduce the risk of eye diseases, and age-related cognitive decline

Orange Produce (carrots, sweet potato, winter squash, mango)

Red Produce (tomatoes, watermelon, grapefruit)

Brussels Sprouts, Broccoli, Spinach

### Skip the supplements, but do not skip the peels!

Current research shows there is not enough supporting evidence to take antioxidant supplements for the prevention of infection and disease. In fact, some high-dose supplement studies have shown more harm than good. Instead, aim to get your antioxidants safely by increasing your intake of plant-based foods. To get the most benefit from plant foods, eat the peels, stems, stalks, and leaves too. Often these contain more antioxidants than the flesh itself. For example, broccoli stems and leaves have more polyphenols than florets.

## Oregon Cascades West Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

### LINN COUNTY

#### Albany Senior Center

Monday-Friday (541) 967-7647

#### Brownsville Christian Church

Tues & Thurs (541) 466-5015

#### Lebanon Senior Center

Monday-Friday (541) 451-1139

#### Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

#### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

### BENTON COUNTY

#### The Corvallis Elks

Monday-Friday (541) 223-1005

### LINCOLN COUNTY

#### Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

#### Newport Senior Center

Mon., Wed., Fri (541) 574-0669

#### Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

#### Toledo, Trinity United Methodist

Friday (541) 270-7416

#### Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796