

ANTIOXIDANT	Food Sources	Potential Benefits
CAROTENOIDS: Beta-carotene	Carrots, Sweet Potatoes, Yams, Kale, Spinach, Turnip or Collard Greens, Winter Squash such as Butternut or Acorn Squash Cilantro, Fresh Thyme	Protect cells from free radicals which may damage cell Provide source of Vitamin A needed for healthy vision, GI functioning, reproductive tract, skin and bones Enhances function of immune system
Lutein, Zeaxanthin	Kale, Spinach, Turnip & Collard Greens, Corn, Eggs, Green Peas, Brussel Sprouts, Broccoli, Zucchini	Contribute to healthy vision by protecting eyes from age-related macular degeneration and cataracts.
Lycopene	Tomatoes and tomato products, tomato juice, ketchup, pizza sauce	May Contribute to maintenance of prostate health
FLAVONOIDS: Anthocyanidins Catechins Epicatechins Flavanones Flavanols Proanthocyanidins Procyanidins Quercetin	apples apricots artichokes black beans blackberries blueberries broccoli cabbage cherries chocolate cinnamon citrus foods cocoa cranberries onions parsley peanuts pears pinto beans rasberries red grapes strawberries green tea red wine	May contribute to maintenance of heart health Protects cells from antioxidant damage Maintenance of brain function Help protect blood vessels from rupture of leakage. Enhance power of Vitamin C May contribute to maintenance of urinary and heart health
ISOTHIOCYANATES	Cruciferous Vegetables (sulfur containing compounds): Cauliflower, broccoli, brussel sprouts, cabbage, kale, horseradish, watercress, collard greens, kohlrabi, mustard, rutabaga, bok choy, Chinese Cabbage, arugula, radish wasabi	May help prevent cancer by promoting elimination of potential carcinogens and promoting tumor suppression May enhance detoxification of undesirable compounds and bolster cellular antioxidant defenses Lower risk of lung and colorectal cancers



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Contractual Health Agency for:
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