

Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Free Radical Fighters

Breanna Metras, BS



Quick Tips:

- Antioxidants are compounds either consumed or made by the body that help combat oxidative stress
- Free radicals can come from environmental factors like smoking tobacco, UV light, radiation, and air pollution
- Antioxidants can help with reducing skin aging and inflammation and are being researched for reducing risk for cancer, diabetes, Alzheimer's and more!



What foods contain antioxidants?

A non-exhaustive list

Fruits

Apples, artichokes, berries, pomegranates, oranges, mangos, apricots, plums, Amla, and plums.

Beverages

Coffee, espresso, red wine, pomegranate juice, green tea, black tea, cranberry juice, prune juice, orange juice, and tomato juice.

Nuts, legumes, and grains

Walnuts, pecans, sunflower seeds, chestnuts, peanuts, pistachios, millet, buckwheat, barley, beans, and wheat bread.

Spices

Clove, mint, allspice, cinnamon, thyme, rosemary, saffron, and sage.



University of Illinois at Urbana-Champaign
College of Agricultural, Consumer and
Environmental Sciences - United States
Department of Agriculture - Local Extension
Councils Cooperating - University of Illinois
Extension provides equal opportunities in
programs and employment.

Next Week:

Our Chemical Environment
Part 1: A primer on toxicology
and endocrine-disrupting
chemicals

Megan Woodbury, BS, BA



UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN