

CONCEPT: ANTIOXIDANTS

- ◆ **Antioxidants:** substances that _____ our bodies from oxidative stress.
 - Include nutrients such as some vitamins and minerals.
 - Some are **phytochemicals:** non-nutrient _____ substances with health benefits.



Sources

- Fruits, vegetables, unrefined grains, tea & coffee.

Oxidative Stress

Free radicals damage cells, proteins and DNA.

Free radical



carrot the
“Carotenoid”

EXAMPLE

Select a correct statement about antioxidants and phytochemicals.

- a) Antioxidants can only be obtained from plant based diet.
- b) All phytochemicals are antioxidants, but not all antioxidants are phytochemicals.
- c) Phytochemicals can be found in plant and animal based foods.
- d) All antioxidants are phytochemicals.

PRACTICE

Which of the following would significantly increase your intake of phytochemicals?

- a) Incorporating white rice into every meal.
- b) Taking a supplement containing essential vitamins.
- c) Eating a wide variety of vegetables, fruits and drinking green tea.
- d) Phytochemicals are non-nutrients which cannot be acquired through a diet.