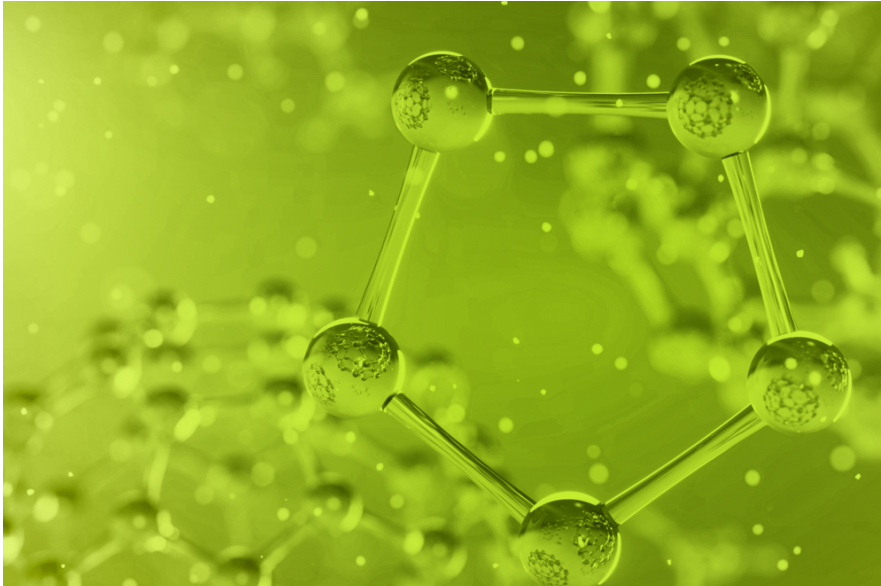




Antioxidants



Overview

These healthy chemicals are found in many of the foods you eat. Vitamins A, C, and E are all types of antioxidants. So are selenium and beta-carotene.

How do you get them?

What are some good sources? They're found in many fruits and vegetables. Whole grains, nuts and seeds contain them. They're found in many other foods, too.

Free radicals

What do they do for you? Antioxidants bond to harmful chemicals called "free radicals." These chemicals are unstable. They interact with things around them. They can harm cells in your body. Antioxidants give them something to bond to so they don't harm your cells.

Safe use

We know that a healthy diet includes foods that are rich in antioxidants. They may help lower your risk for some kinds of disease. But more study is needed to learn about antioxidants affect you.

Conclusion

To learn more about the role antioxidants play in your health, talk to your doctor.