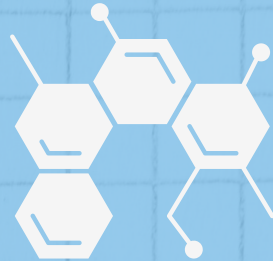


# FOODS HIGH IN ANTIOXIDANTS



## WHAT ARE ANTIOXIDANTS?

Antioxidants are naturally occurring chemicals that protect human cells from free radicals caused by pollution. By protecting cells from harm, antioxidants help to reduce the risk of chronic diseases!

Many foods provide antioxidants. The best sources based on their antioxidant ratio's have been listed below.



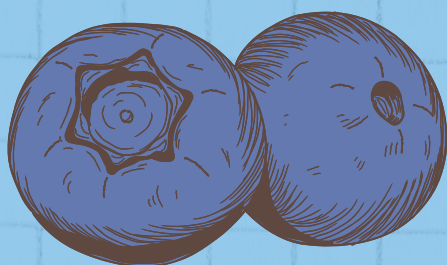
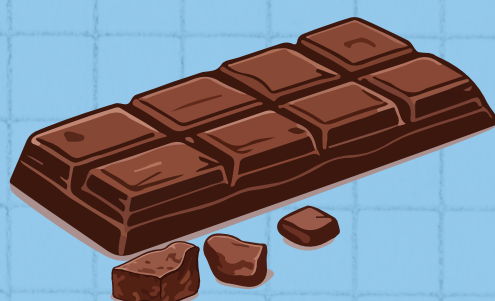
## COFFEE

Coffee is high in an antioxidant called chlorogenic acid. This powerful antioxidant is known for its weight loss and blood pressure regulating properties.

## DARK CHOCOLATE

Dark chocolate contains several antioxidants such as catechin, anthocyanin and proanthocyanidin.

These compounds have been associated with cardiovascular health and blood pressure regulation



## BLUEBERRIES

Blueberries are high in anthocyanins, an antioxidant that has been associated with lowering blood pressure, good cardiovascular health and healthy urinary tracts.

## CINNAMON

Cinnamon is high in a compound called cinnamaldehyde, which has been praised for its anti-inflammatory properties

