



engaging people

The A – Z Guide to Antioxidant

Beat Cancer and make your meals rainbow meals!

ANTI-OXIDANT	RED/PINK	YELLOW-GREEN	RED-PURPLE	ORANGE/BROWN	GREEN	WHITE/GREEN	FUNCTIONS
Alpha-carotene (carotenoid)				Carrots Pumpkin Butternut	Avocado		• Cancer protective properties • Helps reduce risks of cataracts and promotes eye health
Anthocyanins (flavonoids)	Strawberry Cherries		Raspberries Blueberries Red Grapes Red wine Black raisins Black currants Cranberries				• Supports eye health • Supports healthy functioning of the immune system
Beta-Carotene (carotenoid)	Red peppers			Carrots Pumpkin Butternut Apricots	Spinach		• Helps protect body cells and tissues against free radical damage

Vitamin C	Red peppers Chillies Guavas Grapefruit Tomatoes	Green and Yellow peppers Lemons		Oranges			• Maintenance of connective tissues • Important for heart health and healthy blood circulation • Important for immune system
Capsaicin	Red peppers Peppadews Chillies	Green and Yellow peppers					• Promotes healthy blood circulation • Anti-inflammatory properties • Immune boosting
Coenzyme Q 10	Mackerel Sardines				Spinach Broccoli	Pistachio nuts Hazelnuts Almonds Sesame seeds Walnuts	• Recommended to assist cardiovascular health, but not recommended if on heart medication.
Catechins (flavonoids)				Black Tea	Green Tea		• Cancer protection • Supports fat metabolism • Benefits eye health
Chlorophyll		Wheat grass Barley grass			Spirulina Broccoli Spinach Alfa Alfa Fresh herbs	Lettuce	• Supports the body's cleansing and detoxing processes – reduce body odour
Vitamin E				Wheat germ Whole-wheat products		Avocado Eggs	• Skin health • Healthy blood circulation • Reproductive system
Flavanones (flavonoids)	Grapefruit Guava				Olive Leaf Licorice (herb)		• Assists healthy blood circulation • Immune boosting • Cancer protection • Antiseptic – supports wound healing

Flavones (flavonoids)				Olives Citrus fruits	Parsley Basil Rosemary Artichokes	Celery	• Cancer protective properties • May reduce symptoms of gout by assisting detoxification and reducing inflammation
Flavonols	Apples Grapefruit		Berries Grapes		Fennel Green tea Broccoli	Garlic	• Help reduce risk of cancer and heart disease • Supports healthy blood circulation • Eye health
Indoles			Red cabbage	Swiss chard	Turnips Spinach Broccoli	Cabbage Cauliflower Brussel sprouts	• Cancer protective properties
Isoflavones (flavonoids)				Soya beans		Soya milk Tofu Soya flour Soya yoghurt	• Protective effect over bone density in menopausal women • Supports cardiovascular health and helps to reduce cholesterol • Cancer protection
Isothiocyanates			Red cabbage	Soya beans Peanuts	Broccoli	Radish Horse radish Cauliflower Cabbage Brussel sprouts	• Cancer protection • Support respiratory health • Supports body's detoxification process

Lutein (carotenoid)				Swiss chard	Spinach	Brussel sprouts	• Benefits eye health: decreases risk of cataracts and age-related macular degeneration
Lycopene (carotenoid)	Tomatoes Tomato sauce Tomato paste Sun-dried tomatoes Ruby Grapefruit Watermelon						• Protective effects against prostate cancer and heart disease
Organosulphuric compounds	Red cabbage				Broccoli	Onions, Leeks, Chives, Spring onions, Garlic, Cabbage Cauliflower Brussel sprouts Turnips	• Cancer protection • Supports immune functioning • Anti-bacterial, Anti-fungal • Reduces heart disease risk • Supports healthy circulation
Phenolic acids	Tomatoes Cumin	Turmeric	Grapes Wine Grape juice	Black tea Coffee	Green tea Fennel Spinach	Cabbage Artichokes Garlic	• Cancer protection • Assist in the body's detoxification process
Proanthocyanidins			Grape seeds and - extract Grapes Red wine Rhubarb	Dark chocolate Barley Peanuts			• Supports cardiovascular health, eyes and immune system • Anti-ageing properties
Resveratrol	Red wine Cranberries		Grapes Raisins Mulberries	Peanuts			• Supports cardiovascular health, healthy blood circulation and reduce cholesterol • Cancer protective
Selenium	Tuna Shellfish			Brazil nuts Organ meats		Eggs Brewers yeast	• Support immune system • Support cardiovascular system

Terpenes and Monoterpenes	Grapefruit	Ginger		Egg plant Citrus fruits	Rosemary Cardamom seeds Thyme Parsely Broccoli Cabbage Peppers Fennel	Lime Cauliflower Egg plant	• Anti-fungal, Anti-viral and anti-bacterial properties • Assists in body's detoxification • Cancer protection
Ursolic acid			Olives		Rosemary Sage Thyme Olive oil		• Supports healthy blood circulation • Helps reduce allergy risk • Supports prostate health
Zeaxanthin (carotenoid)		Pumpkin	Prunes		Spirulina	Asparagus	• Benefits eye health: decreases risk of cataracts and age-related macular degeneration
Zinc	Fish Shellfish			Pumpkin seeds Dried beans Whole-grain cereals Oats Liver Pecan nuts Sunflower seeds		Eggs Brewers yeast	• Assists in wound healing • Supports healthy functioning of the immune system and reproductive system • Supports healthy eyes, skin, hair and nails