

Orange and yellow produce such as carrots and bell peppers
beta-carotene and lutein

Green leafy vegetables like spinach and kale or chlorophyll
lutein

Blue and purple foods like blueberries and eggplant
anthocyanins

Antioxidant-rich superfoods: Pomegranate, Polyphenols, Placenta

Certain foods and nutrients help reduce oxidative stress and inflammation:
1. Citrus fruits: Vitamin C

2. Berries: Blueberries, raspberries, and strawberries are rich in antioxidants.

3. Nuts and seeds: Almonds, walnuts, and chia seeds are good sources of healthy fats and antioxidants [4].

4. Dark chocolate:

Keywords: Antioxidants; Oxidative stress; Lifestyle; Rationing; Self-care; Nutrition; Free radical; Health

Introduction

In the fast-paced modern world, stress and lifestyle changes have led to an increase in chronic diseases. Antioxidants play a crucial role in neutralizing free radicals, which are unstable molecules that can damage cells and lead to various health conditions. This article explores the benefits of antioxidants and provides practical tips for incorporating them into your diet.

Antioxidants help protect your cells from oxidative damage, which is caused by free radicals. These molecules are produced naturally in the body, but they can also be generated by environmental factors like pollution, smoking, and poor diet. Free radicals can damage DNA, proteins, and lipids, leading to cell death and the development of chronic diseases. Antioxidants, on the other hand, neutralize free radicals, preventing them from causing damage. This process is essential for maintaining overall health and preventing disease. Some of the most powerful antioxidants include vitamins C and E, beta-carotene, and polyphenols. These nutrients are found in a variety of fruits, vegetables, and other natural sources. Incorporating these foods into your diet can help reduce oxidative stress and improve your overall health. For example, eating a diet rich in antioxidants has been shown to reduce the risk of heart disease, cancer, and other chronic conditions. So, make sure to eat plenty of fruits and vegetables to get the most out of your diet [2].

Understanding nutrients with antioxidant properties: An example:

Red fruits and vegetables like tomatoes and strawberries contain lycopene and anthocyanins

