

Where to Find Antioxidants

Beta Carotene

*Found in Foods orange in color

-Sweet potatoes

-Carrots

-Cataloupe

-Squash

-Apricots

-Pumpkin

-Mangos

*Also found in green leafy vegetables

-Collard greens

-Spinach

-Kale

Lycopene

-Tomatoes

-Watermelon

-Guava

-Papaya

-Apricots

-Pink Grapefruit

-Blood oranges

Vitamin A

-Liver

-Sweet potatoes

-Carrots

-Milk

-Egg Yolks

-Mozzarella Cheese

Vitamin C

-Bell Peppers

-Strawberries

-Oranges

-Broccoli

-Cantaloupe

-Grapefruit

-Papaya

Lutein

*Good for healthy eyes

-Collard greens

-Spinach

-Kale

Selenium

*This is a mineral that is a component of an antioxidant enzyme.

-Rice

-Wheat

-Brazil nuts

-Salmon

-Tuna

-Cod

-Turkey

-Oatmeal

Vitamin E

-Almonds

-Wheat germ

-Safflower oil

-Corn oil

-Soybean oil

-Mangos

-Nuts

-Broccoli