

Working The Antioxidant Diet

As more and more medical research gives credence to the association of a healthy diet to staying disease free, people finally seem ready to listen. The evidence is all there; the avoidance of fatty foods, preservatives, and other chemicals gives the human body a better chance of warding off illnesses of all varieties. When we eat whole foods, we are introducing foods in their nature state into the body; we are naturally designed to process these foods – it makes sense that whole foods would be the least disruptive for us to digest. Included within this whole food group are fresh fruit and vegetables – the most consistent providers of antioxidants. Antioxidants act as our internal bodyguards – battling free radicals that cause the disruption of healthy cells. Cells that become unhealthy – those that have fallen victim to free radicals – can cause cancer and other illness. With a solid force of antioxidants inside us, we can have more of a chance of fighting disease and remaining healthy. And in order to ensure the proper reserve of antioxidants, it is wise to follow an antioxidant diet. An antioxidant diet begins with the identification of those foods that pack the most punch when it comes to delivering high doses of antioxidants. Again, following a diet that focuses on fresh fruits and vegetables will go a long way to beginning your antioxidant diet. Green leafy vegetables such as spinach and kale deliver significant amounts of the antioxidant lutein, while tomato products – fresh tomatoes included – carry the antioxidant lycopene. Those vegetables rich in the antioxidant beta-carotene include carrots and sweet potatoes; and foods high in Vitamins A, C, and E have all been shown to be deliver antioxidants. In addition, receiving quite a bit of attention lately, is the blueberry which has been shown to have outstanding qualities as part of an antioxidant diet. Eating a healthy, well-rounded antioxidant diet may mean some changes in lifestyle. Working with a medical professional to ensure that you are getting all the proper nutrients will help you on your journey of achieving your goal. With the integration of an antioxidant diet into your lifestyle, you'll be working with your body to protect yourself from disease and ensure a long life of health.

About the Author

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