



Antioxidants help:

- protect your body cells against the effects of something called free radicals (i.e. created when body breaks down food or bad things in the environment like cigarette smoke and too much sun exposure)
- prevent heart disease, cancer, and other diseases
- repair damaged cells
- reduce the effects of aging

Antioxidants are found in many foods.  
Some good sources are:



- **Beta-carotene and Vitamin A:** carrots, squash, sweet potatoes, tomatoes, kale, collards, cantaloupes, spinach, peaches, apricots, and broccoli
- **Lutein:** kale, collards, spinach, corn, eggs, and citrus
- **Lycopene:** tomatoes, spaghetti sauce, ketchup, and tomato juice
- **Selenium:** fish, Shellfish, red meat, grains, eggs, chicken, and garlic
- **Vitamin C:** green peppers, tomatoes, green leafy vegetables, oranges, limes, and strawberries
- **Vitamin E:** nuts & seeds, whole grains, green leafy vegetables, vegetable oil, and cod liver oil



WIC foods also contain antioxidants.

**Examples are:** cereal, juice, beans, and peanut butter

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