

# Antioxidant Fruits and Vegetables

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Antioxidants are chemical substances that protect the cells in the body from oxidants that cause damage to the cells by altering their DNA, destroying the surface of the cell and kill them eventually. Oxidants also cause stress to the human body and lead to disease when not properly taken care of the body. Thus, it is necessary to include antioxidant-rich foods in your daily meal plan in order to help the body fight off oxidants. Fruits and vegetables are the best sources of antioxidants. That is the reason why they are included in the food pyramid.

Antioxidant fruit and vegetables should always be present in every meal of the day. One slice of fruit and one serving of vegetables in every meal is enough to provide your body with adequate amounts of antioxidants. Therefore, it is important for you to learn which fruits and vegetables are rich in antioxidants. Here is a list of antioxidant fruits and vegetables that you can choose from to include in your diet.

1. **Prunes.** Prunes is considered as one of the top antioxidant fruits due to the health benefits that it provides such as slowing down the aging process of the body and the brain. It contains more than half the antioxidant levels of other antioxidant fruits and vegetables such as raisins and blueberries.
2. **Kale.** Kale is also known as one of the antioxidant fruits and vegetables as well as Super Foods which provide an array of health benefits. Due to its high antioxidant contents, kale helps in the prevention of cancer and boosts the body's inflammatory response to free radicals. In addition, it contains large amounts of vitamin E which is responsible for a healthy and young-looking skin.
3. **Berries.** Berries are also included in the top list of antioxidant fruits and vegetables. Blueberries are one of the best berries which see off the body's free radicals. Blackberries and strawberries are also great sources of antioxidants. In addition, you can prepare these berries in different dishes in accordance to your mood or the weather. For instance, strawberries and cream are a treat during the summer season while blueberries are best during the holidays.
4. **Spinach.** Spinach is probably one of the most delectable vegetables in the world. Plus, it is one of the top antioxidant fruits and vegetables. It contains large amounts of beta-carotene which is responsible for its anti-aging and anti-cancer properties. In addition, it is great for weight reduction.