



EATING 101 RU DINING HEALTHY?

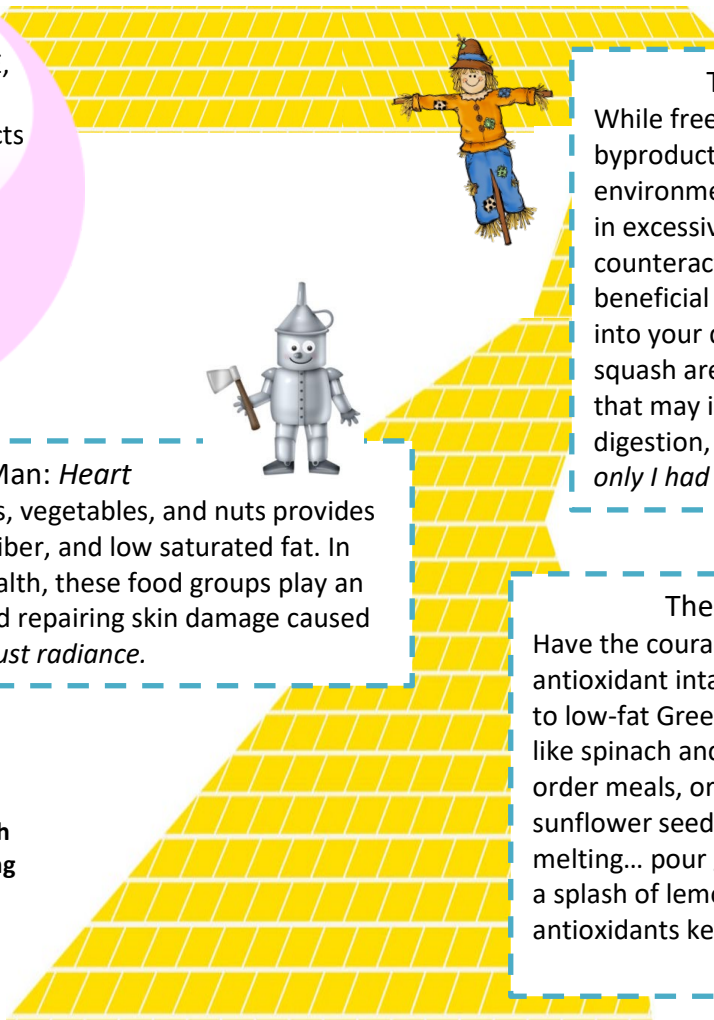


A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The Department of Nutritional Sciences

Move over, Glinda; Auntie Oxidant is here

Somewhere over the rainbow, harmful levels of free radicals roam your body...but fear not! Just as Dorothy had her trusted companions to help her along her journey, your body has a powerful ally—antioxidants. These tiny defenders fight oxidative stress, helping to keep your health on the yellow-brick road to wellness. So grab your berries, sip some green tea, and let us explore the magical world of antioxidants.

Antioxidants in fruits and vegetables rich in vitamins C, E, and beta-carotene help shield your cells from the wicked effects of free radicals. In addition to reducing the risk of chronic diseases, they can improve immunity through protective mechanisms against bacteria, viruses, or parasites.



The Tin Man: *Heart*

A diet rich in whole grains, fruits, vegetables, and nuts provides plant-based antioxidants, high fiber, and low saturated fat. In addition to supporting heart health, these food groups play an important role in preventing and repairing skin damage caused by free radicals. *No more rust, just radiance.*



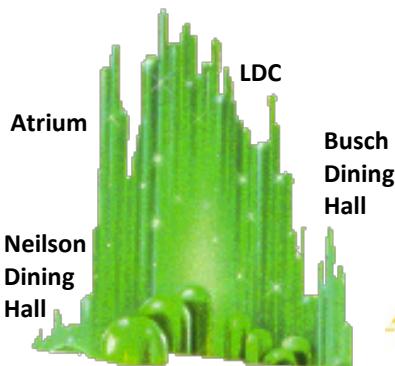
The Scarecrow: *Brain*

While free radicals are a natural byproduct of bodily processes and environmental factors, they are harmful in excessive amounts. Antioxidants can counteract these free radicals, making it beneficial to incorporate certain foods into your diet. Berries, almonds, kale, and squash are a few antioxidant-rich foods that may increase energy levels, support digestion, and repair damaged cells. *If only I had a blueberry.*



The Lion: *Courage*

Have the courage to boost your antioxidant intake. Add berries to low-fat Greek yogurt, add vegetables like spinach and peppers to your cook-to-order meals, or add pumpkin or sunflower seeds to your salad. If you are melting... pour green tea over ice and add a splash of lemon juice. I am not *lion*—antioxidants keep you protected.



It is not Wizardry, It is Antioxidants.

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References: *What are free radicals? A Dietitian Explains.* Available at: <https://www.mdanderson.org/cancerwise/what-are-free-radicals-a-dietitian-explains.h00-159699912.html>. Accessed on: 2/20/2025. *What are Antioxidants?* Available at: <https://nutritionsource.hsph.harvard.edu/antioxidants/>. Accessed on: 2/20/2025. *Antioxidants.* Available at: [Antioxidants - Better Health Channel](https://www.betterhealthchannel.com/antioxidants). Accessed on: 2/20/2025. *Plant-Derived Antioxidants: Significance in Skin Health and the Ageing Process.* Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8776015/>. Accessed on: 2/26/2025. *What are Antioxidants?* Available at: [Home | Antioxidants.org](https://www.antioxidants.org/). Accessed on 2/20/2025. *Dietary Antioxidants: Immunity and Host Defense.* Available at: <https://pubmed.ncbi.nlm.nih.gov/21506934/#:~:text=Antioxidant%20nutrients%20commonly%20included%20in%20the%20diet,infections%20c>